



PACIFIC COAST  
FARMERS' MARKET  
ASSOCIATION

## ASPARAGUS SOUP



Kickoff spring with asparagus and a soup.



01 HR 30 MINS



Serves 4-6



## INGREDIENTS

- 1 whole onion, sliced in half moons
- Ends and peels from a bundle of asparagus
- 1 small white potato, cubed, soaked in water
- 5 cups water
- 4 tablespoons olive oil
- Salt and pepper to taste
- Splash of your favorite vinegar

## METHOD

Sweat the onion for 45 minutes, making sure not to brown, adding water if the pan becomes too dry. Add the diced potato and cook until potato becomes tender. Meanwhile, blanch the asparagus ends and peels in 5 cups of lightly salted water to create a simple stock (approximately 5 minutes).

Pull the asparagus peel and ends out when they become bright green. Cool them on a sheet pan. Add the asparagus stock to the onion and potato mixture and bring to a simmer. Add the asparagus ends and peels into the simmering pot and cook for 5 minutes. Allow the mixture to cool slightly, and mix in a blender until desired consistency.

Place mixture in a sieve over a second pot. Use a ladle or rubber spatula to push the mixture through the sieve, straining out the tough bits from the asparagus ends.