

Roasted asparagus soup ingredients

One pound asparagus

1-2 large cloves garlic (small ones will burn)

2-3T olive oil

Kosher salt and pepper

½ cup - 1 cup chicken stock

1 teaspoon fresh lemon juice

1-2T heavy cream (optional)

Cayenne pepper (optional)

Fresh parmesan



Roast asparagus: Pre-heat oven to 425°. Coat spears and garlic cloves (skin on) with olive oil and sprinkle generously with kosher salt and pepper. Roast for 8-10 minutes until very browned and the end stalks are very soft. Remove from oven and cool.

Puree asparagus and garlic: Squeeze roasted garlic from skin and place in food processor or blender. Add spears and process/blend until garlic and asparagus are pureed (it will be slightly chunky). Pour in enough chicken stock liquefy the asparagus (1/4 cup at a time) then purée.

Make soup: Place purée in saucepan over medium low heat. Simmer until slightly bubbly. Add 1-2T heavy cream for thicker soup. Whisk in lemon juice and a light dash of cayenne pepper. Taste for salt and pepper. Simmer until flavors blend, about 6-7 minutes. Allow to cool slightly.

Prepare for serving: Pour into small soup bowls. Garnish with freshly shaved parmesan and a swirl of olive oil.