

Asparagus Soup

Linda McCartney

Serves 4

Ingredients

2 tbs vegetable oil
1 medium onion, finely chopped
1 medium potato, peeled and diced
2 stalks celery finely chopped
1 pint (600 ml) of vegetable stock
8 oz fresh asparagus, tough end
of stalks removed, chopped, or
equivalent canned asparagus,
drained and chopped
sea salt and freshly ground black
pepper to taste
crème fraiche to serve (optional)
(more stock if you want to thin soup
out a bit)

Method

The delicate flavour of asparagus comes through well in this attractive pale green soup. If fresh asparagus is not in season, substitute canned – the result will still be tasty.

In a large saucepan, heat the oil and cook the onion gently until soft and translucent. Add the potato and celery and cook for a further 2 minutes, stirring. Pour in half of the stock and bring to the boil, then cover and simmer for 10 – 15 minutes or until the potatoes are tender.

Add the asparagus and the remaining stock. Cover again and cook for 10 minutes or until the vegetables are tender.

Ladle half of the vegetables into a blender or food processor and puree. Return to the pan and stir to mix the remainder of the soup and vegetables. Season to taste and heat through. If the soup is too thick, thin with a little milk.

Serve with a teaspoon of cream fraiche scooped into the middle of the the soup (optional).

