



# Steamy (or Chilled) Asparagus Soup

*Note from Chérie: The younger and fresher your asparagus, the less lignin (the compound responsible for that not-so-pleasant, woodchip-like texture) it contains. Taking a bite of raw asparagus to test for texture can leave you with much more vs. the snapping technique.*

**1 quart chicken stock, roughly**  
**2 bunches of asparagus**  
**1/2 onion or 2 shallots, roughly chopped**  
**2 tablespoons of butter**  
**Salt and pepper to taste**  
**¼ cup heavy cream, optional**  
**Crème fraiche, optional garnish**

Add olive oil, a tablespoon of butter and onion to a pot over medium heat. Cook until just beginning to appear translucent (about 5 minutes) stirring every now and then. Meanwhile, chop asparagus into roughly inch-sized pieces, tossing out their woody ends.

Add asparagus and sauté for roughly 5 minutes to release their flavor, followed by just enough chicken stock to fully cover. Salt and pepper to taste, bring to a soft boil, followed by a simmer until the asparagus are tender (about 10-15 minutes.)

Add optional heavy cream, pouring in slowly, and bring to a gentle boil.

Turn off heat and use an immersion blender to bring to a creamy consistency. The creamier the better. Add final seasonings to taste.

SOURCE: [THESAVORY.SUBSTACK.COM](http://THESAVORY.SUBSTACK.COM)