



Just Recipes.

Asparagus and Lemon Velouté

A bright green soup with a fresh, seasonal taste.

Ingredients

Serves 4

1 lb	[453 g]	fresh asparagus
2 cups	[500 ml]	low-sodium vegetable broth
½ cup	[125 ml]	chopped onion
2		garlic cloves, chopped
¾ tsp	[7.5 ml]	fresh thyme, divided
1 tbsp	[15 ml]	all-purpose flour
2 cups	[500 ml]	low-fat milk
1 tsp	[5 ml]	butter
1 tsp	[5 ml]	salt
½ tsp	[2.5 ml]	ground pepper
½ tsp	[7.5 ml]	lemon zest, divided
½ cup	[125 ml]	plain yogurt or reduced-fat sour cream
1 tbsp	[15 ml]	fresh lemon juice
		Fresh thyme leaves, for garnish



Method

Snap off and discard the tough ends of asparagus. Cut stalks into 2-inch pieces. Combine asparagus with broth, onion, garlic and ½ tsp thyme in a large saucepan over medium-high heat; bring to a boil. Reduce heat to medium-low, cover and simmer for 15 minutes. Puree asparagus mixture in batches using an immersion blender or food processor until smooth. Return to pan.

Whisk flour and milk together in a bowl until smooth. Add slowly to asparagus mixture, whisking until blended. Bring to a boil, stirring constantly. Reduce heat and simmer, continuing to stir for another 5 minutes. Remove from heat; stir in butter, salt, ¼ tsp lemon zest and remaining ¼ tsp thyme.

Combine yogurt (or sour cream), lemon juice, and remaining ¼ tsp lemon zest in a small bowl. Top each serving of soup with about 2 tsp of the yogurt mixture. Garnish with thyme sprig.

Recipe Credit: Megan Gordon, Communal Table Book 1: A Casual Setting (Curated by Caroline Hwang)

Photo Credit: Marie Asselin

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