

# Cream of Asparagus Soup

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From The Food of Spain

Serves 6

*The cultivation of asparagus was introduced by the Arabs in the valley of the river Ebro in Navarre. Nowadays the main production is of the fat all-white asparagus, which are grown covered with earth, without exposure to the sun. But this lovely soup is made with green asparagus that grow naturally.*

## Ingredients

- 1¼ pounds asparagus
- 1 large baking potato (about 8 oz) peeled and cut into ¾ - 1" cubes
- 4½ cups chicken stock (or 4½ cups water plus 2 bouillon cubes)
- 1 – 1½ cups whole milk
- Salt

## Directions

1. Cut off the asparagus tips and set them aside. Cut the asparagus stalks into 4 pieces each, discarding the hard bottom ends.
2. Put the potatoes and stock (or water and bouillon cubes) in a large pan, bring to a boil, and cook for 10-15 minutes, until the potatoes are tender. Add the asparagus and cook for 10 minutes, or until soft.
3. Blend the soup to a cream with an immersion blender or in a food processor and return to the pan. Bring to a boil, adding enough milk to thin it to a light cream. Season to taste with salt, drop the asparagus tips into the soup, and cook for 2-3 minutes more, until they are tender.