

Recipe

Asparagus Soup

By

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Ingredients

- 500 g fresh asparagus
- 1½ Tbsp oil
- ½ Tsp yellow asafetida powder
- 5½ C water
- 1½ Tsp salt
- ½ C half and half or milk
- ½ Tsp ground black pepper

Preparation

1. Slice off the tips of the asparagus and cut the stalks into small pieces.
2. Heat ½ Tbsp of oil in a sauté pan over moderate heat, sprinkle ¼ Tsp yellow asafetida powder, add the asparagus tips and stir fry until tender. Keep aside.
3. Heat the remaining oil in a saucepan over moderate heat, add asafetida powder, when it sizzles, add the asparagus stalks and stir fry for a few moments. Add the water and salt. Cook covered until the asparagus is tender.
4. Transfer the contents of the saucepan to a blender and process until smooth. Pass it through a sieve and discard the residue.
5. Bring the soup back to boil over low heat for 5 minutes. Stir in the half and half or milk. Add the stir-fried asparagus tips. Remove from heat and serve hot with sprinkles of black pepper.

Serves

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Hare Rama Hare Rama Rama Rama Hare Hare**