

K's Kitchen: Turning asparagus into soup

By Kathryn Reed

While it's possible in the United States to get nearly any vegetable any time of year, there is no question eating them in their "normal" season without having been shipped from some foreign country makes a huge difference in flavor.

Asparagus is one of those seasonal veggies that come packed with wonderful nutrients and delicious flavor. Not much has to be done to those long stalks to enjoy them. One of my favorite ways to eat asparagus is to steam it and then squeeze fresh lemon juice and drizzle balsamic vinegar on it.

But with winter having returned – at least briefly – soup seemed necessary to stay warm.

I don't cook with much salt, so I'm sure some people will want to add more. Just keep tasting it as you make it. I didn't use an egg for leftovers.



Green Pea and Asparagus Soup

1½ tsp butter

2 leeks, white part only, trimmed and thinly sliced

4 C vegetable broth

1 tsp chopped fresh thyme

$\frac{1}{2}$ tsp kosher salt

$\frac{1}{4}$ tsp black pepper

2 C frozen green peas

1 pound fresh asparagus, trimmed and coarsely chopped

$\frac{1}{4}$ C chopped fresh flat leaf parsley, divided

1 T white vinegar

4 large eggs

2 tsp olive oil

Paprika

Melt butter in large saucepan over medium heat. Add leeks. Stir and cook for about 4 minutes.

Add stock, thyme, salt and pepper. Simmer.

Add peas and asparagus. Cook for 3 minutes.

Add $3\frac{1}{2}$ T of parsley.

Puree mixture in blender or with emulsion blender. Continue to simmer soup.

Fill skillet two-thirds full with water; bring to boil. Reduce heat and add vinegar. Break individual eggs into custard or other small cup. Then gently pour eggs into pan. Cook for three minutes.

Pour soup into bowls.

Remove eggs with slotted spoon and place one into each soup bowl. Drizzle evenly with oil, sprinkle with remaining parsley and paprika.