



## *Asparagus Soup with Arugula and Crème Fraiche*

This soup takes advantage of several spring/early summer treats: asparagus, garlic scapes, and watercress.

- 1 oz Butter
  - 2 Leeks, white and light green, quartered
  - 2 Garlic cloves or 2 garlic scapes
  - 3 cups Asparagus chopped, tips reserved
  - 1 cups Yukon gold potatoes, peeled (optional), diced
  - 1 tsp. Mace or nutmeg
  - 1 tsp. Sea salt
  - ½ tsp. Fresh black pepper
  - 5 cups Stock or water
  - 2 cups Arugula or spinach or watercress
  - 1 cup Whipping cream
  - 3 oz Crème Fraiche
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1. Melt butter in medium saucepan over medium heat.
  2. Add leeks, garlic and onions, stir occasionally, cook six minutes until soft.
  3. Add chopped asparagus, potatoes, mace, salt and pinch of pepper, cook 10 minutes.
  4. Add water or broth, simmer 10 minutes or until potatoes are soft.
  5. Blanche tips of asparagus.
  6. Using a blender puree\* soup with arugula and cream.
  7. Strain through fine mesh strainer - if you prefer a smooth texture, reheat gently and season.
  8. Adjust thickness and serve with dollop of crème fraiche and asparagus tips.