

*Roux - an equal amount of flour and fat*

## Tante Marie's Cooking School

*asparagus goes well with  
eggs*

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*LIASON - a mixture of egg yolks & cream used to thicken  
a soup*

### CREAM OF ASPARAGUS SOUP

- 2 lbs. fresh asparagus
- 4 Tbs. butter
- 1 1/2 cups leeks, sliced, or 1 cup onions, chopped
- 3 Tbs. flour
- 6 cups chicken stock or water
- 1 egg yolk
- 3/4 cup whipping cream

To prepare the asparagus, remove and discard the bottoms of the asparagus. Cut the tips on the diagonal and blanch them in plenty of boiling salted water until firm but tender. Refresh in cold water and set aside. Chop the remaining stalks into 1/2-inch pieces and set these aside also.

In a large saucepan, slowly cook the leeks or onions in the butter, until soft. Stir in the 1/2 inch pieces of asparagus and cook, covered, for 5-10 minutes, until tender. Stir in the flour and cook for an additional 3 minutes. Add the stock and simmer over low heat, partially covered, for 30 minutes. Puree the mixture and strain. Place in a saucepan over low heat.

Add the tips to the soup. Make a liason by beating the yolk and the cream together in a bowl. Slowly whisk 1/2 cup of the hot soup into the liason. Then add the entire mixture back into the soup, making sure the soup does not boil. Adjust the seasoning. Serve **OVER** immediately. Serves 4-6. MSR

### conductors of heat

① copper

② iron

③ aluminum

④ stainless steel

iron is porous so it  
retains flavors over time

aluminum is  
bad b/c it oxidizes  
it doesn't get over

*2 copper sauce pans*

*1 for frying pan non-stick*

*1 stainless steel cooking pot*

*1 Le Creuset - stew pot oval*

*1 Aluminum Stock Pot 1 Aluminum saute pan*