



The Edible Garden

Recipe featured at Garden-to-Table Weekend featuring asparagus,
June 27

White Asparagus and Avocado Soup

By: Bobby Duncan, Executive Chef, Fort Defiance

Ingredients

1 bunch white asparagus
2 ripe avocados
3 cups cold chicken stock
½ cup heavy cream
3 dashes Tabasco sauce
Chives
Salt and pepper to taste

Instructions

- First, blanch the asparagus. To blanch, bring salted water to a boil in a medium saucepan. Drop in asparagus and let boil 2 to 3 minutes. Remove asparagus and drop into ice water both to stop the cooking process.
- Slice asparagus lengthwise and set aside.
- Dice half of an avocado and dress with olive oil, salt, and pepper. Set aside and chill.
- Puree remaining avocados with the chicken stock. Season to taste and pass through a chinois for desired smoothness.
- Stir in heavy cream and Tabasco sauce. Chill until ready to serve. For best results, prepare dish shortly before serving. This way the avocado retains its bright green color.
- Garnish soup with blanched asparagus and diced avocado. Season with olive oil, salt, and pepper.