

Asparagus Soup

Ruth Bakalar

The Complete Potato Cookbook

Servings: 6

Young, thin, all-green spears make the best soup and best eating.

1 pound asparagus

3 medium potatoes, peeled and diced

1 quart water

seasoned salt to taste

2 tablespoons butter

2 egg yolks

1/2 cup cream

Wash asparagus carefully and scrape the stalks if they seem tough. Cut off and set aside about 1-inch of the tip ends for garnish. Cut the stalks into 1-inch pieces.

In a saucepan, place water and combine asparagus, potatoes and some salt. Bring to a boil and simmer until vegetables are very tender. Add butter.

Force soup through a sieve to remove unneeded roughage.

Cook the reserved asparagus tips separately, in a small amount of salted water, until they are just crackling tender.

Just prior to serving, beat eggs with cream, warm with a little hot soup and stir into soup in saucepan. Add salt and pepper to taste.

Place soup in soup bowls and garnish with asparagus tips. Soup can be thinned, if desired, by adding milk.

Per Serving (excluding unknown items): 160 Calories; 11g Fat (58.2% calories from fat); 4g Protein; 14g Carbohydrate; 2g Dietary Fiber; 99mg Cholesterol; 58mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 2 Fat.