

Chilled Asparagus Soup

By Chef Carl Dooley of [Mooncusser](#)

Its spring, yay! I am always excited for asparagus season and always feature it on our menu. We generally use the top 1/2 of the asparagus for our dishes, which means we end up with a bunch of the lower (tougher) half of the asparagus. This recipe for Chilled Asparagus Soup uses up "the other half of the asparagus," plus another commonly wasted food item: leftover herbs. I always encourage people to cook with lots of fresh herbs, especially in spring and summer, but people always ask me what to do with the last of them, as they sit in the fridge. This chilled soup is light and fresh and can use up the herb scraps from a previous dinner.

Ingredients

- 1/4 cup chopped onion
- 1/4 cup olive oil
- 1 cup thinly sliced asparagus bottoms
- 1 teaspoon salt
- 2 cups water
- 1/2 cup of chopped leftover herbs (parsley, cilantro, tarragon, mint, and basil all work well)

Garnish

- Yogurt
- Something crunchy (croutons, toasted nuts, or best yet - the chips at the bottom of the bag)
- Lemon or lime wedge
- Hot sauce on the side

Directions

1. Cook the onion in olive oil until tender, but not colored.
2. Add the sliced asparagus and cook for a minute or two until it softens a bit.
3. Add the salt and water. Bring to a boil.
4. As soon as it boils, add the herbs and puree in the blender.
5. Cool the soup down over ice to retain green color.
6. Serve chilled with a "lovin'" spoonful of yogurt on top, a squeeze of lemon or lime, and some crunchy goodies. I recommend having hot sauce, maybe a green one, handy for a little kick.