

Asparagus & Leek Soup

Category

Side Dish, Appetizer

Recipe courtesy of [Carissa's the Bakery](#)

Ingredients

- 9 leeks
- 5 cloves of garlic
- 1 shallot
- 6 stalks asparagus
- Olive oil, as needed
- Salt and pepper to taste
- Lemon juice to taste
- **FOR THE VEGETABLE STOCK:**
- 2 gallons water
- 2 onions
- 10 mushrooms
- 6 carrots
- 1 1/2 stalks celery
- **PRODUCTS TO USE:**
- NanoBond Saucepan
- NanoBond 3qt Soup Pot

Directions

1. For the vegetable stock, quarter onions, halve carrots, give the celery a rough chop and add in a large pot with mushrooms and cover with 2 gallons of water. Bring stock to a boil and then simmer for 1 hour.
2. Meanwhile cut the dark green off the leeks, halve them longways, and wash thoroughly.
3. Remove tough ends from asparagus (about 1-2 inches) and give the stalks a rough chop.

4. Slice leeks and shallot and finely chop garlic. Sweat them in a generous amount of olive oil until translucent, then season with salt and pepper to your liking.
5. Add the asparagus and sweat until just cooked through.
6. Blend the leek mixture with the vegetable stock to a smooth consistency.
7. Adjust seasoning and add lemon juice. Garnish with chive flowers and flakey sea salt. We like to use Icelandic salt, for a contrasting color.