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Spring Asparagus Soup with Curry and Coconut

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This is an opportunity to enjoy the first of the young California spring asparagus. Choose medium-sized asparagus (not pencil or large) and look for tips that are tight and free from flowering.

Coconut milk and oils, are considered healthy fats and in moderation, are recommended.

The Thai coconut milk brands I recommended are Chao Koh or Mae Ploy. Also, this soup is a favorite of kids, but remember to watch the curry spice. I suggest a mild brand or curry seasoning that has flavor, but less heat.

Ingredients

2 tablespoons unsalted butter

2 tablespoons extra-virgin olive oil

1 medium leek, cleaned and finely minced

1/2 teaspoon curry powder (or more to taste)

1/2 teaspoon ground ginger

Zest and juice of one lemon, divided

2 cups peeled and diced red potatoes

3 cups chicken stock

1 cup coconut milk

1 pound (1 bunch) asparagus, trimmed and cut diagonally into 2-inch pieces

Kosher salt and freshly ground black pepper

1/4 cup crème fraîche

1/4 cup scallion greens, minced

Directions

- Melt the butter and olive oil in a large saucepan over medium heat. Add the diced leek and sauté until soft. Add the curry powder, ginger, lemon zest and potatoes and simmer, stirring occasionally for 5 minutes.
- Add the chicken broth, coconut milk and asparagus pieces. Stir to combine. Bring to a simmer over medium heat, cover, and continue to cook until the potatoes are tender, about 15 minutes.
- Purée the soup with an immersion blender, or in batches in a bar blender, until smooth. Season with kosher salt and freshly ground black pepper.
- Combine the crème fraîche with the lemon juice. Serve soup garnished with a swirl of lemon crème fraîche and a sprinkle of the scallion greens.

Serves 4

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