

soups

Asparagus Soup with Blue Cheese

The fresh “green” taste of asparagus feels delightfully out of place on a cold winter day, and that’s what makes the locavore’s kitchen so special. It’s where you can expect the unexpected. The blue cheese is a tangy complement.

Makes 4 Servings

4 tablespoons unsalted butter
1 large onion, diced
1 large leek, thinly sliced (white part only)
1 large potato, peeled and cubed
6 cups rich chicken stock or vegetable stock
1½ pounds asparagus, frozen, unthawed or fresh
4 ounces blue cheese, crumbled
Salt and freshly ground black pepper, to taste



Melt the butter in a large saucepan over medium heat. Add the onion and sauté for 2 minutes. Add the leek and continue to sauté for an additional 6 minutes or until soft. Add the potatoes and the broth. Bring to a boil. Reduce the heat to a simmer and cook until the potatoes are tender, about 10 minutes. Add the asparagus and cook until just tender, about 4 to 5 minutes.

Remove from the heat. Working in batches, puree the soup in a blender until smooth. Return to the saucepan and gently reheat. Season to taste with salt and pepper.

To serve, pour into warm bowls, top with blue cheese, and garnish with reserved asparagus tips.

Cream of Corn Soup with Rosemary

A little advance planning is necessary when making this soup: start the day ahead to gently infuse the milk with the rosemary. This strong herb subtly scents and flavors the milk base, and the corn adds natural sweetness.

Makes 4 servings

2 cups whole milk
3 sprigs fresh rosemary
1 tablespoon unsalted butter
3 tablespoons chopped shallots
3 cups fresh or frozen corn kernels
Salt and freshly ground black pepper
2 tablespoons prepared pesto (page 89)

Here’s a good use for frozen kernels of corn from the summer harvest and for rosemary sprigs, too.

The day before you plan to serve the soup, combine the milk and rosemary in a medium saucepan. Heat to a simmer. Cool to room temperature. Transfer milk and rosemary to a container with a lid and refrigerate overnight. The next day, strain the milk and discard the rosemary.

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For a richer soup, substitute ½ cup heavy cream for ½ cup of the milk.

To make the soup, melt the butter in a medium saucepan. Add the shallots and sauté until soft and fragrant, about 3 minutes. Add the milk to the saucepan along with the corn kernels. Bring to a gentle boil over medium-low heat. Cook for 8 to 10 minutes or until the kernels are tender. Working in batches, carefully transfer the soup to a blender and blend until smooth. Return to the saucepan and gently reheat. Season to taste with salt and pepper.

To serve, ladle the soup into 4 warmed soup bowls and swirl ½ tablespoon of the prepared pesto into each bowl, if desired. Serve immediately.

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