

White asparagus soup

By Shannon Bennett

45 minutes

10 minutes

4

Serves



INGREDIENTS

1 egg
500g fresh white asparagus
2 tablespoons mild olive oil
2 teaspoons sherry vinegar
1/4 cup sparkling water
Murray River Sea Salt to taste

To Serve

4 very thin slices serrano ham or prosciutto, torn into pieces
Tiny mint leaves for garnish

METHOD

1. Steam egg at 100°C for 3 minutes (soft boil).
2. Steam white asparagus in a solid steam tray at 100°C with ½ cup of water 4 minutes.
3. Strain the asparagus and reserve ¾ cup for later use.
4. Cut 3cm from the tip of the asparagus and reserve for garnish.
5. Roughly chop the remaining cooked asparagus.
6. Carefully peel the egg. Place the cooked egg and asparagus (without the tips) into the jug of a blender along with the reserved cooking liquid, vinegar, sparkling water and a good pinch of salt. Blend until smooth.
7. Taste and adjust seasoning with more salt if necessary. Chill the soup, covered in the refrigerator for 20 minutes.

To Serve

1. Divide the soup between 4 bowls and top with torn ham, tiny mint leaves and asparagus tips.