

Asparagus cream, fresh goat cheese and Espelette pepper - Virtual Workshop Version

Recipe for 2 portions

Description

A creamy asparagus soup mixed with fresh goat cheese for a lighter version of the traditional cream of asparagus and garnished with a few asparagus tips and Espelette pepper.

Note

You may also improve this asparagus cream with a few sprigs of chervil.

Ingredients

For the Asparagus cream

- 200 Gr Green asparagus
- 1 Unit(s) Shallot
- 15 Gr Butter
- 400 Ml Vegetable stock
- 50 Gr Fresh goat cheese
- 2 Pinch(es) Espelette pepper
- 50 Ml Cream 35%

- Salt and pepper

Goat cheese toast

- 2 Thin slice(s) Bread loaf
- 30 Gr Goat cheese bûchette
- 1 Pinch(es) Espelette pepper

- Salt and pepper

Preparation

- Preparation time **30 mins**
- Preheat your **four** at **425 F°**

Things to do before the workshop

Ingredients

Wash the vegetables

Equipment list

1 cutting board, 1 chef kinfe, 1 paring knife

1 pot

1 mixing bowl

Kitchen towels, tablespoons (tasting)

1 large spoon

1 blender

1 pasty sheet + parchment paper

Preparation with the chef

Chop the shallots. Break the asparagus with your hands to remove the fibrous part without wasting

any. Cut the asparagus into small pieces and set the heads aside.

Asparagus cream preparation

In a large saucepan with butter and sweat the shallots. Add the asparagus pieces and the vegetable stock and bring to boil. Cook on medium for 10 to 15 minutes. Add half the goat cheese, the cream and mix everything with a hand blender.

Blanch the asparagus tips for 2 minutes in salted boiling water and plunge them into an ice water bath to stop the cooking process.

Crostini

Make nice slices of your baguette diagonally to create a longer crostini. Place on a baking sheet and drizzle with olive oil, season with salt and pepper.

Transfer to the oven at (400°F) for roughly 6 minutes or until they have a nice golden color.

Once, cooled, sprinkle with the goat cheese and Espelette pepper.

Garnish with young sprouts.

To serve

In soup bowls, pour the cream of asparagus then crumble the rest of the fresh goat cheese on top and decorate with some asparagus tips and a pinch of Espelette pepper.

Bon appétit!