

# Chilled Asparagus Buttermilk Soup

*Serves 6 to 8:*

## Ingredients

3 pounds asparagus  
1 quart chicken or vegetable stock, homemade or store bought low sodium  
1 cup water  
3 tablespoons unsalted butter  
1 large Vidalia onion, diced  
kosher salt and freshly ground black pepper  
1 quart low fat buttermilk  
1/2 cup crème fraîche  
1/4 cup minced chives

## Preparation

Trim woody ends from asparagus and reserve for stock.  
Chop remaining asparagus stalks, beginning at the tips, into 1 inch pieces.  
In a medium saucepan, add chicken stock, stem ends of asparagus and water.  
Bring to a simmer over medium low heat for 10 to 15 minutes.  
Strain stock and discard asparagus stems.  
In a soup pot or dutch oven, melt butter over medium low heat.  
Add chopped Vidalia onion and season lightly with kosher salt and freshly ground black pepper.  
Sauté for 8 to 10 minutes, stirring often, until onion is translucent but not golden.  
Turn up heat to medium and add asparagus pieces.  
Season again lightly and cook for 5 minutes until bright green.  
Add strained stock to soup pot and bring to a slow simmer.  
Continue to cook for 15 minutes, until asparagus is fork tender; cool slightly.  
Purée soup in batches in a blender until fine--be careful not to overfill blender with hot liquid.  
Pour soup into a large bowl and stir in a scant 4 cups of buttermilk reserving a drizzle for garnish.  
Season to taste with kosher salt and freshly ground black pepper.  
Refrigerate for at least 3 hours, or overnight.  
In a small bowl, stir to combine crème fraîche with a drizzle of buttermilk to make it runny.  
Ladle soup into small bowls.  
Drizzle with crème fraîche mixture and garnish with freshly minced chives before serving.

passioneats | 6.04.2014

[www.passioneats.com](http://www.passioneats.com)