



Recipes created for the Afternoon Show on BBC Radio Oxford 95.2FM

Chilled Asparagus Soup with Basil Cream

Ingredients

For the soup

500g fresh asparagus (green)

100ml double cream

50g butter

50ml oil cold pressed rapeseed is good

50g fresh spinach leaves

For the Basil Cream

25 fresh basil leaves

100ml mayonnaise

50ml single cream

Lemon juice

Salt & Pepper



Method

Place the prepared asparagus in a pan of water and bring to boil. Do a few asparagus tips for garnishing. You will need to retain 200ml of the water for the recipe. Remove the asparagus when it is cooked. Add the cream, butter and oil to the water in the pan and bring back to the boil. Add the cooked asparagus and fresh spinach leaves into the pan and then blend in a food processor until smooth. Add salt and pepper to taste. Allow to chill.

For the basil cream, place all ingredients in a blender and liquidise. Add lemon juice, salt and pepper to taste

To serve, ladle out a helping of the chilled soup into bowls. Place a good spoonful of the Basil cream in the middle of the soup. Carefully slice the asparagus tips and lay them on top of the basil cream. Drizzle a little of the rapeseed oil on the asparagus garnish.

An alternative method of serving is to use shot glasses and put a small amount of the basil cream on the top and add the garnish asparagus by hooking it over the side of the glass as you would with a slice of lemon.

Serve with freshly crisped slices of ciabatta or a nutty granary bread.

Other information

Serves 6

Preparation time - 30 minutes

Cooking time – 30 minutes