



Green Asparagus and Morels Velouté

Ingredients for 4 persons

4 cups water
1 pinch of salt
8 green asparagus cut in half
1 shallot, finely chopped
3 tbsp unsalted butter
1 cup asparagus broth
1 cup crème fraîche
Salt, Cayenne pepper to taste



Garnish

2 tbsp unsalted butter
1 tbsp shallot, finely chopped
½ cup fresh morels, rinsed and cut in 4 pieces
12 green heads of asparagus, cooked

Preparation

Bring the water and salt to a boil on high-medium heat. Dip the asparagus in hot water and cook until tender for 8 minutes. Remove the asparagus from the pan, drain and keep the asparagus broth.

On high- medium heat melt 2 tablespoons of butter in a saucepan, sauté the shallot and cooked asparagus. Pour in 1 cup of asparagus broth and bring to a boil.

Reduce the heat to low, add the crème fraîche and stir for 2 minutes. In a food processor or a hand-mixer, puree the warm mixture and the remaining butter.

Strain the liquid and season.

On medium-high heat, melt the butter in a saucepan, sauté the shallot and fresh morels until the morels release the water. Then remove the pan from heat.

Pour in the asparagus velouté in 4 shallow plates. Add the morels and three asparagus heads per plate.

Bon Appétit,