



Asparagus Soup with Parmesan Custards

 Gluten Free

READY IN



300 min.

SERVINGS



6

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 lb asparagus trimmed cut into 1 1/2-inch pieces
- ☐ 0.3 teaspoon pepper black
- ☐ 2 large egg yolk
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 1.3 cups leek white green finely chopped (and pale parts only)
- ☐ 3.5 cups chicken broth low-sodium
- ☐ 1.3 cups parmesan grated
- ☐ 6 servings parmesan with a vegetable peeler shaved

- ☐ 0.8 teaspoon salt
- ☐ 0.5 cup shallots finely chopped
- ☐ 2 tablespoons butter unsalted
- ☐ 1.5 cups water
- ☐ 1 pinch pepper white
- ☐ 1 large eggs whole
- ☐ 0.5 cup milk whole

Equipment

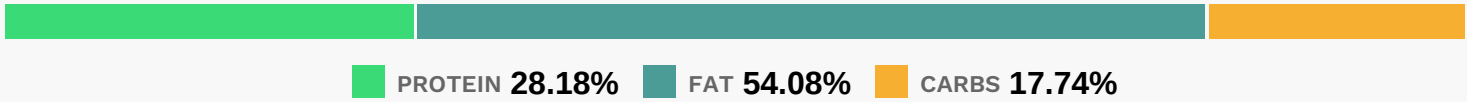
- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Bring cheese, cream, and milk just to a boil in a small heavy saucepan over moderate heat, stirring occasionally.
- ☐ Remove from heat and steep, covered, 30 minutes.
- ☐ Preheat oven to 300°F.
- ☐ Pour steeped cream through a very fine sieve into a bowl, pressing lightly on cheese solids and discarding them.

- ☐ Whisk together whole egg, yolks, salt, and white pepper in another bowl, then add steeped cream in a stream, whisking until smooth. Divide among well-buttered ramekins.
- ☐ Set ramekins in a baking pan and bake in a hot water bath in middle of oven until centers of custards are completely set, 40 to 45 minutes.
- ☐ Transfer ramekins to a rack and cool 5 minutes (do not allow to cool longer, or custards will stick to ramekins).
- ☐ Wash chopped leek in a bowl of cold water, then lift out and drain well. Cook leek, shallot, pepper, and 1/2 teaspoon salt in butter in a 4- to 6-quart heavy pot over moderately low heat, stirring, until leek is softened, about 3 minutes.
- ☐ Add asparagus, broth, and water and simmer, covered, until asparagus is just tender, 10 to 12 minutes. After 2 to 4 minutes, remove 6 asparagus tips, halve lengthwise and reserve for garnish.
- ☐ Purée soup in batches in a blender until smooth (use caution when blending hot liquids).
- ☐ Transfer to a large bowl, then pour through a sieve into cleaned pot. Stir in cream, remaining 1/4 teaspoon salt, and pepper to taste and heat over moderately low heat until hot.
- ☐ Working with 1 custard at a time, run a thin knife around edge of each to loosen it, then invert a soup bowl over ramekin and invert custard into bowl. Repeat with remaining custards. Ladle soup around custards and garnish with reserved asparagus tips and parmesan curls.
- ☐ Soup can be made 1 day ahead. Cool, uncovered, then chill, covered.

Nutrition Facts



Properties

Glycemic Index:36.33, Glycemic Load:3.43, Inflammation Score:-9, Nutrition Score:28.737826326619%

Flavonoids

Isorhamnetin: 10.77mg, Isorhamnetin: 10.77mg, Isorhamnetin: 10.77mg, Isorhamnetin: 10.77mg Kaempferol: 3.12mg, Kaempferol: 3.12mg, Kaempferol: 3.12mg, Kaempferol: 3.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 26.44mg, Quercetin: 26.44mg, Quercetin: 26.44mg, Quercetin: 26.44mg

Nutrients (% of daily need)

Calories: 394.45kcal (19.72%), Fat: 24.57g (37.8%), Saturated Fat: 14.53g (90.84%), Carbohydrates: 18.14g (6.05%), Net Carbohydrates: 13.18g (4.79%), Sugar: 7.75g (8.61%), Cholesterol: 150.45mg (50.15%), Sodium: 1184.64mg (51.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.81g (57.61%), Vitamin K: 89.27µg (85.01%), Calcium:

718.03mg (71.8%), Phosphorus: 576.88mg (57.69%), Vitamin A: 2558.21IU (51.16%), Vitamin B2: 0.6mg (35.44%), Folate: 133.15µg (33.29%), Selenium: 22.67µg (32.39%), Iron: 5.7mg (31.68%), Copper: 0.51mg (25.34%), Manganese: 0.47mg (23.74%), Vitamin B1: 0.34mg (22.67%), Potassium: 706.07mg (20.17%), Vitamin B3: 4.02mg (20.12%), Zinc: 3.01mg (20.1%), Fiber: 4.96g (19.85%), Vitamin B6: 0.39mg (19.68%), Vitamin E: 2.87mg (19.13%), Vitamin B12: 1.07µg (17.77%), Vitamin C: 14.45mg (17.52%), Magnesium: 64.82mg (16.2%), Vitamin B5: 1.24mg (12.36%), Vitamin D: 1.18µg (7.86%)