

Asparagus Velouté

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



700 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 quart chicken broth store-bought (1 L.) (or) (or or made from a bouillon cube)
- ☐ 30 g cornstarch
- ☐ 1 egg yolk
- ☐ 1 cup heavy cream (25 cl.)
- ☐ 4 servings salt
- ☐ 1 cube a bit of sugar
- ☐ 1 kg asparagus white

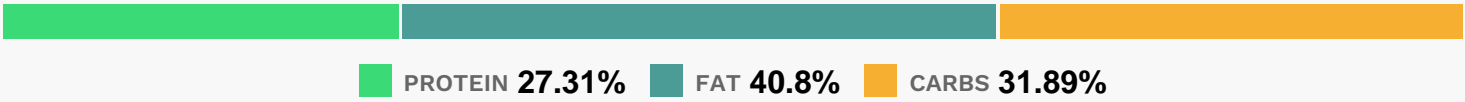
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ spatula

Directions

- ☐ Wash the asparagus.
- ☐ Cut 2 inches (5 cm.) off the tips and save them for another use. Do not peel the stalks but cut them into 15-inch (3-cm.) pieces.
- ☐ Bring the stock or broth to a boil in a soup pot. When it bubbles, add the asparagus pieces and sugar. Turn down the heat, cover, and simmer for 20 minutes.
- ☐ Blend and pass through a fine strainer (a chinois if possible), pressing on the solids with a spoon to extract as much liquid as possible.
- ☐ Put the soup back in the pot, bring back to a boil, and boil about 30 minutes more.
- ☐ Thoroughly mix the cornstarch in a bowl with 1 tablespoon cold water. Beat the yolk and cream together in a bowl large enough to hold all the soup.
- ☐ When the soup in the pot has been reduced by about half, whisk in the cornstarch mixture. Boil for 1 minute, whisking constantly, and then gently pour everything into the bowl with the egg-cream mixture, whisking as you pour.
- ☐ Pour the contents of the bowl back into the soup pot and heat very gently in order to thicken. Stir with a spatula and turn off the heat at the first sign of boiling. Blend. Season with salt as necessary.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ From The Complete Robouchon by Joel Robuchon Copyright (c) 2008 by Joel Robuchon Published by Knopf. Joel Robuchon was born in Poitiers, France, in 1945 and began his apprenticeship at a hotel restaurant when he was fifteen years old. In 1981, he opened his own restaurant in Paris, Jamin, which had earned three Michelin stars by 198
- ☐ It was the fastest rise in the guidebook's history. Named Chef of the Century in 1989 by the Gault Millau, he now works as a consultant and runs L'Atelier restaurants around the world.

Nutrition Facts



Properties

Glycemic Index:25.52, Glycemic Load:1.83, Inflammation Score:-10, Nutrition Score:43.050434713778%

Flavonoids

Isorhamnetin: 14.25mg, Isorhamnetin: 14.25mg, Isorhamnetin: 14.25mg, Isorhamnetin: 14.25mg Kaempferol: 3.47mg, Kaempferol: 3.47mg, Kaempferol: 3.47mg, Kaempferol: 3.47mg Quercetin: 34.95mg, Quercetin: 34.95mg, Quercetin: 34.95mg, Quercetin: 34.95mg

Nutrients (% of daily need)

Calories: 699.78kcal (34.99%), Fat: 32.44g (49.91%), Saturated Fat: 18.92g (118.27%), Carbohydrates: 57.06g (19.02%), Net Carbohydrates: 51.74g (18.82%), Sugar: 41.37g (45.96%), Cholesterol: 125.3mg (41.77%), Sodium: 56998.88mg (2478.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.85g (97.71%), Selenium: 75.57µg (107.95%), Vitamin K: 105.94µg (100.89%), Phosphorus: 715.36mg (71.54%), Manganese: 1.32mg (65.79%), Vitamin B2: 1.06mg (62.12%), Iron: 10.85mg (60.25%), Vitamin B1: 0.85mg (56.7%), Vitamin A: 2831.91IU (56.64%), Folate: 214.66µg (53.66%), Vitamin B3: 10.29mg (51.46%), Potassium: 1520.16mg (43.43%), Vitamin B12: 2.55µg (42.48%), Magnesium: 157.91mg (39.48%), Vitamin B6: 0.74mg (36.86%), Calcium: 247.3mg (24.73%), Copper: 0.49mg (24.32%), Vitamin E: 3.49mg (23.26%), Fiber: 5.32g (21.27%), Vitamin C: 14.36mg (17.4%), Vitamin B5: 1.68mg (16.81%), Zinc: 2.1mg (13.99%), Vitamin D: 1.2µg (7.97%)