



Asparagus Vichyssoise with Blueberry Sherbert

- 1 tbsp butter (15 mL)
- ¼ cup onions, peeled and coarsely chopped (50 mL)
- 2 ½ cup (625 mL) asparagus, washed, trimmed and cut in 1-inch (2.5cm) pieces
- 1 cup potatoes, peeled and cut in ¼-inch (0.6-cm) pieces (250 mL)
- 1 cup chicken stock (250 mL)
- 2 cups whipping cream or milk (500 mL)
- 1 cup plain yogurt (250 mL)
- white pepper to taste
- ½ cup blueberry or raspberry sherbert (25 mL)
- fresh dill sprigs

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In a saucepan over medium heat, melt the **butter** and sauté **onions, potatoes** and **asparagus** until the onions are translucent. Add **chicken stock** and 1 cup (250 mL) **cream or milk** and simmer until vegetables are tender. Season to taste with **white pepper**. Purée mixture in a food processor or blender until smooth, then pass purée through a very fine sieve or strainer, using the back of a spoon to help push liquid through.

When mixture has cooled add plain yogurt and the other cup of cream or milk, blending well. At this point the soup may be reheated over medium heat, or chilled for 4 hours if serving cold. Garnish each serving with 1 tbsp (15mL) of **sherbet** and **dill sprigs**. **Serves 5 - 6.**

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This recipe is courtesy of novascotia.com and Taste of Nova Scotia. Visit novascotia.com to plan your Nova Scotia getaway.