

Asparagus Soufflé

Serves 3-4

½ cup sweet onion, finely chopped
2 ½ cups fresh asparagus, tips and tender stalks cut in 1" pieces
OR 3 cups asparagus, frozen and thawed, cut in 1" pieces
1/3- 2/3 cup milk (or soy or almond milk)
1 tbsp corn or tapioca starch
¼ cup cashew pieces, unsalted and un-roasted
4 tbsp melted butter or oil
1 tbsp fresh tarragon, chopped
5 egg yolks
¾ cup parmesan or Romano cheese, finely grated
Salt and pepper to taste
Nutmeg to taste
6 egg whites
Lemon juice to taste



Local Ingredients:
Asparagus
Butter
Eggs
Milk
Onions
Tarragon



Preheat oven to 425 degrees. Prepare soufflé or baking dish with oil or butter.

Saute onion in butter until soft, not brown. Set aside.

If using fresh asparagus, blanch in boiling water for 3 minutes and then plunge into cold water. When cool, blend the asparagus with milk in a blender. Puree until smooth with the cashew pieces for about 5 minutes. Add butter or oil, cornstarch and onion and blend another 30 seconds. Pour the contents of the blender into a saucepan and bring to a boil. Remove from heat and stir in nutmeg, tarragon and egg yolks, one at a time. Add half the cheese and adjust the seasonings.

In a separate bowl, beat the egg whites until foamy. Add a pinch of salt and a bit of lemon juice and continue to beat until stiff peaks form. Mix one third of the egg white mixture into the asparagus mixture. Gently fold the remaining egg whites into the asparagus mixture. Do not over-mix.

Pour mixture into the prepared soufflé or baking dish and sprinkle the top with the remaining cheese. Place soufflé in oven and turn down heat to 375 degrees. Bake without opening the oven door for 30 minutes. Check the soufflé, it should be golden and risen. Bake another 10 minutes and serve immediately.