



The Farmyard Trading Post

A fresh look at yesteryear

Chilled Asparagus Soup with Timbale of Caviar, Crab and Avocado

Ingredients :

- ✓ 250gr salted butter
- ✓ 250gr cake flour to make a blond roux
- ✓ 250ml milk
- ✓ 2 small leeks (white and pale green parts only), halved lengthwise, thickly sliced
- ✓ 6 tins white asparagus pieces
- ✓ 1 lt Chicken stock
- ✓ 250gr minced crabmeat
- ✓ fresh lemon juice to taste
- ✓ 1 tablespoon finely chopped spring onion
- ✓ diced peeled pitted avocado
- ✓ 6 teaspoons good-quality black caviar

Method :

Melt butter in heavy large saucepan over medium heat. Add leeks and sauté until soft, about 5 minutes. Add flour to make blond roux. Add milk, stock and asparagus juice till you get the correct consistency. Add asparagus; bring to boil. Reduce heat to medium, cover and simmer until asparagus is tender.

Working in batches, puree soup in blender until smooth. Transfer soup to large bowl; season to taste with salt and pepper. Cool, then cover and chill until cold, at least 2 hours and up to 1 day.

Mix crabmeat, 1 tablespoon lemon juice and spring onion in small bowl. Season to taste with salt and pepper. Mix avocado and remaining 1 tablespoon lemon juice in another small bowl; mash coarsely. Season to taste with salt and pepper.

Place biscuit cutter in center of 1 soup bowl.

Spoon in 1 tablespoon avocado mixture; smooth top.

Spoon in 1 tablespoon crab mixture; press lightly to compact.

Spoon in 1 tablespoon avocado mixture.

Top with 1 teaspoon caviar.

Carefully lift off cookie cutter.

Repeat in remaining soup bowls with remaining timbale ingredients.

Ladle soup around each timbale. Serve immediately.