

Ramp and Asparagus Rice Soup–Tried & True Recipes

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Servings: 4 | Cook time: 50 minutes

INGREDIENTS

- 2 bunches of asparagus, about 1½ pounds total
- 8 cups water
- 2 tablespoons extra virgin olive oil, divided
- 2 shallots, peeled and small-diced
- 1 cup basmati rice
- 12 ramps, cleaned thoroughly and roots trimmed, divided*
- .5 ounces fresh mint
- ¼ cup extra virgin olive oil
- Salt and pepper to taste

Note:

- Use 6 cloves of garlic in the purée if you do not have ramps, and serve the soup with only roasted asparagus on top.

METHOD

Prepare the asparagus:

- Preheat oven to 400°F.
- Cut off and discard the woody ends of the asparagus. Set aside 10–12 of the stalks for roasting (depending on how many you want to use as garnish per bowl). You will not be blanching these reserved asparagus stalks!

Blanch the asparagus:

- Bring 8 cups of water to a boil in a large pot. Rinse the remaining asparagus and add to the boiling water for 2–3 minutes until bright green. Using tongs, remove the asparagus and transfer it to an ice bath. Turn off the heat on the water and set it aside, as you will be reusing it!

Prepare the rice soup:

- Heat 1 tablespoon extra virgin olive oil in a wide pot. Add the shallots and cook for 4–5 minutes until just translucent.
- Add the rice and season with salt and pepper. Let it sizzle in the pot until it begins to toast lightly, about 2–3 minutes.
- Add 6 cups of asparagus cooking water to the rice. Bring to a boil and then reduce heat and simmer over low heat, uncovered, until completely tender. This will take about 20–30 minutes. You may need to add a bit of additional water, as needed, to keep the consistency right. Stir it occasionally to prevent it from sticking! Taste and season with salt and pepper.

Prepare the asparagus and ramp purée:

- While the soup simmers, prepare the asparagus purée. In a food processor, add 6 ramps, mint, blanched asparagus, and extra virgin olive oil. Pulse until completely blended.

Roast the asparagus:

- While the rice finishes simmering, arrange the asparagus on a baking sheet and place the 6 remaining ramps on top, and drizzle with 1 tablespoon of extra virgin olive oil and a sprinkle of salt.
- Transfer to the preheated oven for 10–12 minutes or until the asparagus is tender and the ramps begin to char around the edges. Remove from the oven and tent with foil to keep warm as you finish the recipe.

Finish the ramp and asparagus rice soup:

- Pour the asparagus and ramp purée into the rice and stir to incorporate. Cook for 3–5 minutes more to mellow out the flavors of the herbs. Taste and season with salt and pepper.

To serve:

- Ladle the asparagus rice soup into shallow bowls. Arrange the roasted asparagus and ramp leaves on top. Enjoy!