

Vegan Ku?konmaz Çorbası

Easy vegan asparagus soup with creamy texture. French-inspired recipe using fresh asparagus, vegetables, and dairy-free cream. Perfect healthy starter.

10 min

HAZIRLIK

20 min

PI?IRME

30 min

TOPLAM

4

PORSIYON

Easy

ZORLUK

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Malzemeler

- 12 asparagus
- 2 cup water
- 1 shallot
- 3 tbsp unsalted butter
- 1 cayenne pepper
- 1 clove garlic
- 1 cup heavy cream
- 2 tbsp corn flour
- 2 cup vegetable broth
- 1 pinch salt
- 1 pinch black pepper

Yapılışı

- Prepare the vegetables**

Trim 12 asparagus spears and cut into 1-inch pieces, reserving the tips for garnish. Dice 1 shallot finely and mince 1 clove garlic.
- Sauté the aromatics**

Heat 3 tablespoons vegan butter in a large saucepan over medium heat until melted and foaming. Add minced garlic and cook until fragrant, about 1 minute.
- Add diced shallot and cook, stirring occasionally, until softened and translucent, about 3-4 minutes.**
- Add asparagus pieces (not the tips) and cook, stirring frequently, until bright green and slightly tender, about 4-5 minutes.**
- Add liquid and simmer**

Pour in 2 cups vegetable broth and bring to a boil over medium-high heat. Season with 1 pinch salt and 1 pinch black pepper.
- Reduce heat to medium-low and simmer until asparagus is completely tender when pierced with a fork, about 8-10 minutes.**
- Prepare thickener**

Whisk 2 tablespoons flour with 1/4 cup cold water in a small bowl until completely smooth with no lumps.

8 Thicken the soup

Slowly pour the flour mixture into the simmering soup while stirring constantly. Cook for 2-3 minutes until the soup thickens enough to coat the back of a spoon.

9 Finish and serve

Stir in 1 cup plant-based cream or milk and cook for 1 minute to heat through. Taste and adjust seasoning with additional salt and pepper if needed.

10 Ladle soup into bowls and garnish with reserved asparagus tips. Serve immediately while hot.

?puçlar?

Choose thick asparagus spears for soup as they provide better flavor and texture than thin ones.

Reserve some asparagus tips before cooking to use as an elegant garnish that adds color and freshness to each bowl.

Make the cornstarch slurry with cold water to prevent lumping when added to the hot soup.

Don't overcook the asparagus to prevent the soup from turning brown and to maintain the vibrant green color.

Sauté the vegetables until fragrant but not browned to build a clean, bright flavor base.

Taste and adjust seasoning at the end, as vegetable broth can vary in saltiness between brands.

For extra richness, stir in a tablespoon of good olive oil or vegan butter just before serving.

If the soup becomes too thick upon cooling, thin it with additional vegetable broth when reheating.