

# T R I N I T Y



## Recipe

### Minestrone of English Asparagus, Morels and Jersey Royals

**Makes:** 4 portions

#### Preparation:

- Peel the asparagus and remove the stalks, cut the asparagus into three and cook them in boiling salted water for 2 minutes, reserve
- Remove the bases of the morels and slice them thinly
- Peel and slice the shallots thinly
- Roughly chop the chervil
- Cook the pasta through, chill it under cold water and reserve
- Gently cook the jerseys in well seasoned water until tender and reserve in the cooking water

#### Method:

- Heat a heavy based pan over a medium heat, add the olive oil and add the asparagus peelings and stems, add the morel bases, season well and cook for 10 minutes
- Add the wine and reduce the liquid content by half
- Add the stock to this pan and boil the contents for a further 5 minutes
- Now pass away all of the contents of the

#### Ingredients:

**200g jersey royals**  
**1 bunch or 12 stems of asparagus**  
**100g fresh morels (dried just won't cut it here as they will be too overpowering)**  
**1 shallot**  
**Glass of dry white wine**  
**1 ltr. chicken stock**  
**1/2 bunch chervil**  
**Dried small macaroni or farfallini**  
**100ml olive oil for cooking**  
**2 sprigs of mint**  
**Lemon oil or good olive oil to finish**

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pan and reserve the liquid - this is your stock that will form the base of this delicious soup

- Using a similar pan, sweat the sliced morels with the shallots for two minutes, add the stock you made earlier and once this has come to the boil add the cooked asparagus and pasta
- Finish the soup with the chopped chervil and mint, add the lemon oil to finish and drop your cooked jerseys back in before serving
- Serve in a bowl for the table to share with bread and a glass of chilled sauv blanc.  
Spring at its best