

NATURE'S FOOD PATCH Market & Café

1225 Cleveland St • Clearwater, FL 33755 • 727-443-6703
www.naturesfoodpatch.com

SPRING ASPARAGUS

ASPARAGUS BISQUE WITH THYME

1-1/2 lbs. Fresh Asparagus, washed
2 Onions, chopped
2 Leeks, chopped
1 Cup Celery, chopped
6 Cups Stock or Water
1 tsp. Fresh Thyme
1 Tbsp. Olive Oil (optional)
1/2 Cup Soy Milk
3 Tbsp. Seasonal Miso
Unrefined Salt to taste
Fresh Ground Black Pepper to taste

Sauté leeks, onions, celery and asparagus in oil.
Cut asparagus into 1 inch stalks, reserving the tips. Steam tips separately. Add stock mixture to veggies. Cook 20 minutes. Add soy milk and Miso. Pureé.

Season to taste with salt and pepper and garnish with asparagus tips.

ASPARAGUS PRIMAVERA

1-1/2 lbs. Fresh Asparagus, washed
1 Red Bell Pepper, chopped
1 Cup Corn
1 Cup Leeks, chopped
1 Cup Garbanzo Beans, cooked & drained
1/2 Cup Parsley, chopped
1 tsp. Toasted Sesame Oil
2 Tbsp. Tamari
1/2 Cup Scallions, chopped
1 Pkg. Noodles, cooked
Sesame Seeds for Garnish

Steam the vegetables. Cook the pasta. Add vegetables to pasta and drain. Add oil, tamari, scallions and sesame seeds. Garnish with Umeboshi Cream.

UMEBOSHI CREAM

1 Pkg. Extra Firm Silken Tofu
1 Tbsp. Umeboshi Paste
1 Tbsp. Olive Oil
3 Garlic Cloves, minced

Blend until very smooth and creamy.

*Free Vegetarian (Vegan)
Cooking Class
By Chef Debby DeGraaff*