

10 Ways with Asparagus



1. Fusilli with Mushroom Sauce and Asparagus

Cook 2 pounds of Fusilli pasta in boiling water until al dente and drain. Set aside. Blanch 1 quart of fresh chopped asparagus, drain and set aside. Meanwhile, heat 3 tablespoons of Canola oil in a hot pan and sauté 10 ounces of diced onions for 2 minutes. Add 2 pounds of chopped mushrooms and cook for 5 minutes until cooked through and liquid released is mostly evaporated. Add 3 tablespoons of minced garlic and cook another minute. Season with $\frac{1}{2}$ teaspoon of salt and $\frac{1}{4}$ teaspoon of pepper. Deglaze with $1\frac{1}{2}$ cups of Chablis wine and reduce by half. Add 3 cups of heavy cream and bring to a boil, then simmer for 15 minutes. Puree sauce and season with 2 tablespoons of balsamic vinegar. Toss with reserved cooked pasta and asparagus. Garnish with $\frac{1}{4}$ cup of shredded parmesan cheese and 2 tablespoons of crushed red chili flakes.

2. Soba Noodle Salad with Asparagus and Orange Miso Dressing

Cook 12 ounces of dry soba noodles in boiling water until al dente, about 5 minutes. Drain and rinse in cold water. Set aside. Prepare dressing per recipe and set aside. To make the dressing, place $1\frac{1}{4}$ cups of Orange Juice, $\frac{1}{4}$ cup of Miso Paste, 2 tablespoons of Ginger Root, $2\frac{1}{2}$ teaspoons of minced Garlic, and $\frac{1}{2}$ cup of Extra Virgin Olive Oil into a blender and puree until smooth. Heat 2 tablespoons of oil in a hot skillet and sauté 1 pound of Shiitake Mushrooms for 2 minutes. Add 2 teaspoons of minced garlic and cook until mushrooms are cooked through. Blanch 2 pounds of asparagus and place in a large bowl. Combine with the cooked soba noodles, cooked mushrooms and the dressing. Toss well and serve.

3. Asparagus and Goat Cheese Tart

Sift 4 ounces of flour into a bowl and add a pinch of salt. Rub in 4 tablespoons of butter and $\frac{1}{4}$ cup of cream cheese. Lightly beat 1 egg yolk and add with 1 teaspoon of lemon juice and mix well, adding enough water to form a dough. Wrap and chill the dough. Roll out and line individual or one large flan case, fluted or plain, place on a baking tray and chill. Blind bake the pastry case. Finely chop one onion, melt a tablespoon of butter and cook onions in it until soft. Remove and cool. Peel 10 stalks of asparagus and blanch in boiling water, refresh cut into small pieces. Spread the onion in the pastry case, top with the asparagus, and whisk 3 eggs and 4 ounces of heavy cream together. Sprinkle 4 ounces of goats cheese over the top then pour in the egg mix, Bake for 30 –40 minutes. Yield: 4

4. Asparagus and Summer Truffle Salad

Peel 8 stalks of white asparagus right up to the head. Tie and blanch in boiling water. Add a little sugar, refresh in ice water. Peel 8 stalks of green asparagus halfway, tie and blanch. Remove the string and gather 4 bundles of mixed asparagus and tie with a blanched chive. Warm the asparagus in a little butter and salt and pepper. Shape 2 ounces of mascarpone cheese into quenelles and place 1 on each plate and add 3-4 diced or sliced pieces of summer truffle. Toss the leaves in 3 tablespoons of lemon dressing and place next to the asparagus. Top with parmesan. Mix 3 tablespoons of basil oil and 2 tablespoons of aged, thick balsamic vinegar together and drizzle over. Yield: 4

5. Deep Dish Asparagus and Red Pepper Quiche

Preheat oven to 375F. Roast eight Red Bell Peppers. In large skillet, heat 1 cup of margarine. Add 2 tablespoons of minced garlic, 1 quart of chopped onions and 8 sliced red peppers. Cook on medium heat for 1 minute. Stir in 6 pounds of asparagus. Spoon vegetable mixture into pie 9" deep dish pie shell. In medium bowl, combine 1 quart of bread crumbs, 2 tablespoons of baking powder, ½ cup of Parmesan cheese, 1 tablespoon of chopped basil and 1 1/8 teaspoon of Cayenne Pepper. Using a pastry blender or 2 knives, cut in 2 tablespoons of liquid margarine until mixture resembles coarse crumbs. Whisk in 2 quarts of beaten eggs and 3 quarts of milk. Pour over vegetables. Bake 30 minutes or until quiche is puffed and golden. Cut 8 slices per quiche. Yield: 48

6. Spring Asparagus Salad

Lightly Oil 4 slices of Halloumi and Season. Place on the Char Grill until it's bar marked. On a sizzle platter arrange 5 pieces of Asparagus pointing in 1 Direction. Lightly dress with Olive oil and place halloumi in the center of the Asparagus. Warm under the Salamander. In a frying pan, sauté 6 ounces of Morels in a little oil & butter until soft. To make the chopped herb dressing, combine ¼ pound of chopped flat leaf parsley, ¼ cup of chopped Chives, 1/8 pound of chopped Chervil, 1/8 pound of chopped Tarragon, 2 chopped and sweated Shallots, 1 garlic clove chopped and sweated, the zest from one lemon, 2 ounces of Olive Oil, and salt and pepper to taste. Warm the Dressing on the stove and add Morels. Place Asparagus in the center of the plate. Arrange 4 ounces of peeled English Peas and 4 ounces of peeled Fava Beans around the Outside. Split 4 ounces of Sugar Snaps in half and arrange those around the plate. Drop the Dressing around the outside of the plate. Garnish with Red Ribbon Sorrel. Spoon a small amount of dressing over a Frisée Salad and put at the base of the dish. Serve. Yield: 4

7. Wild Sea Trout with Asparagus and Bacon, Light Herb Butter Sauce

Scale and fillet two 6 ounce wild sea trout. Remove the pin bones using a pair of tweezers. Rinse in cold water and dry with kitchen towels. Cut each filet into two portions. Peel and trim 48 spears of asparagus. Cook in boiling salted water until tender. Refresh in ice-cold water to set the color. Grill 12 thin slices of bacon until crisp; set aside. In a non-stick pan over medium heat, roll the asparagus tips with a little olive oil until warmed through. Season, add a few drops of balsamic vinegar and remove from heat. Bring 2/3 cups of dry white wine, 1 tablespoon of white wine vinegar and 2 finely chopped shallots to a boil and reduce by half. Add 3 tablespoons of heavy cream and boil for 1 minute. Lower the heat and gradually whisk in 7 ounces of cubed cold butter. If you prefer a smooth finish, pass the

sauce through a fine sieve. Check the seasoning and add a little lemon juice to taste. Keep warm. Score a cross in 5 plum tomato skins and blanch in boiling water for 15 seconds. Refresh in ice-cold water, then peel. Cut in half and remove the pips, then chop the tomato flesh. Cook 3 finely chopped shallots until soft and translucent in 1 tablespoon of olive oil over medium heat. When the shallots are soft, add 2 cloves of garlic and cook for 2 minutes. Add the copped tomatoes, a teaspoon of tomato purée, a bouquet garni and seasoning. Cover with wax paper and cook for 1 hour, stirring occasionally until thick and almost dry. Gently reheat the tomato fondue when needed. Heat a non-stick frying pan, add a little olive oil and cook the sea trout; it cooks in a matter of seconds, depending on thickness, but 30 seconds each side is usually enough. Season lightly with salt and pepper. Arrange the asparagus on serving plates with the sea trout, tomato fondue and finally the crispy bacon. At the very last moment, add some freshly chopped herbs to the beurre blanc and pour around the asparagus. Yield: 8

8. Chili-Rubbed Tilapia with Asparagus and Lemon

Steam 7 pounds of 1" chopped asparagus until crisp and tender. Cool. Combine 3 ounces of chili powder, 1 tablespoon of garlic powder and 1 ½ teaspoons of salt in a pan. Dredge 6 pounds of 4 ounce Tilapia fillets in the spice mixture to coat. Heat ¾ Cups of Extra-virgin Olive Oil in a skillet. Cook fish until just opaque in the center, turning once. Transfer fish to a serving pan. Add 1 ¼ cups of lemon juice, 1 ½ teaspoons of salt and prepared asparagus to the skillet. Cook, stirring constantly, until the asparagus is coated and heated through. Add the asparagus to the fish in the serving pan.

9. Wok-Seared Chicken Tenders with Asparagus and Pistachios

Heat 1/3 cup of Sesame Oil in a wok. Add 4 pounds of fresh asparagus cut into 1" pieces and cook, stirring. Add 6 pounds of chicken tenders cut into bite-sized pieces and cook, stirring. Stir in 1 pound of Scallions cut into 1" pieces, 4 ounces of minced Ginger, 1/3 cup of Oyster sauce, and 2 tablespoons of Chile-garlic sauce. Cook and stir until chicken is done. Toss with 6 ounces of shelled pistachios and serve.

10. Baked Risotto with Asparagus, Spinach, and Parmesan

Preheat oven to 400°. Heat 1 tablespoon of olive oil in a Dutch oven over medium heat. Add 1 cup of finely chopped onion; cook 4 minutes or until tender. Add 1 cup of uncooked Arborio rice; stir well. Stir in 8 cups of spinach, 2 cups of chicken broth, ¼ teaspoon of salt, and ¼ teaspoon of ground nutmeg. Bring to a simmer; cook 7 minutes. Stir in 1/4 cup Parmesan cheese. Cover and bake at 400° for 15 minutes. Stir in 1 ½ cups of diagonally sliced 1" asparagus; sprinkle with 1/4 cup Parmesan cheese. Cover and bake an additional 15 minutes or until liquid is almost absorbed. Yield: 4