

Spring means Asparagus!



Easy things to do with asparagus...

- Grill it, then wrap it in prosciutto and serve with aioli
- Quickly boil it, then put it on toasted wholegrain bread which has been spread with smashed avocado & fetta
- Barbecue it, then drizzle on some olive oil and shaved parmesan
- Put it in a toasted sandwich with Swiss cheese and a little lemon zest
- Make a healthy salad with chopped asparagus, a tin of tuna, cannellini beans, chopped red onion and dressing
- Fry it off with some shallots, add some cream and dill, cook for a second, then mix it through pasta
- Make real asparagus rolls (no tinned stuff), but spread the bread with capsicum pesto before rolling up

A Tricky thing to do with asparagus

Asparagus Soufflé

Ingredients

- 50g butter for soufflé moulds
- 80g shallots, chopped very finely
- 3 bunches asparagus, chopped
- 500ml vegetable stock
- 250ml cream
- 70g butter
- 70g flour
- Salt, pepper
- 200g egg white
- 2 egg yolks
- (cont. overleaf)



Method

Grease the inside of four soufflé dishes (8cm wide x 4cm high) with melted butter then freeze for a few minutes. Repeat this operation then dust with a little bit of flour and put aside.

In a saucepan sweat the shallots until soft but not brown then add the asparagus and the stock. Simmer for approximately 10 minutes then add the cream.

Reduce this mixture to a third then blend thoroughly in a blender and pass through a very fine sieve.

In a saucepan melt the butter, add the flour and cook for a couple minutes then add 700ml of the asparagus coulis and mix well. Adjust the seasoning with salt and pepper and set aside. Cool. Mix in 2 egg yolks. This mixture is your asparagus béchamel.

Measure 350g of asparagus béchamel mixture.

Heat the oven to 200°C.

Whip the egg white - not too firm. Take out a big tablespoon of this egg white and incorporate it into the asparagus béchamel. Then with a spatula fold in the rest of the egg white very gently.

Fill up the soufflé dish to the top and with a knife, scrape across top so mixture is flat. Run tip of finger around the inner lip of the soufflé mould to form an indent. Put them on a baking tray and cook for 12 to 15 minutes.