

# Fresh as spring

## Asparagus in Bed



Preparation Time: 20 minutes Cooking Time: 3 – 4 minutes Yield: 4 servings

Nutritional Information	(for 1 serving)
Protein	22.2 g
Fat	20.8 g
Carbohydrates	5.4 g
Calories	297

<b>1 lb</b>	Ontario asparagus, trimmed	<b>500 g</b>
<b>1 tbsp</b>	vinegar	<b>15 mL</b>
<b>8</b>	eggs	<b>8</b>
<b>2 tbsp</b>	unsalted butter, melted	<b>25 mL</b>
<b>2 tbsp</b>	fresh lemon juice	<b>25 mL</b>
<b>8</b>	slices prosciutto	<b>8 slices</b>
	Freshly ground pepper	
<b>1/2 cup</b>	freshly grated Parmesan cheese	<b>125 mL</b>

Preheat oven to 450°F (230°C).

Steam or simmer asparagus just until tender-crisp, 3 to 5 minutes; drain well.

Fill large skillet with water. Add vinegar and bring to simmer over medium heat. Slip eggs, one at a time, into simmering water; cook until whites are firm and yolks are just set. Remove eggs with slotted spoon and carefully blot dry with paper towel. (Eggs may be poached several hours in advance; transfer to bowl and cover with cold water. Drain well before proceeding.)

Divide butter among 4 gratin dishes. Divide asparagus among dishes; drizzle with lemon juice. Drape prosciutto over top. Arrange 2 eggs on top of each prosciutto. Season with pepper to taste. Sprinkle cheese over top. Bake for 3 to 4 minutes or just until cheese melts. Serve immediately.

## Ginger Asparagus Salad



Preparation Time: 20 minutes Cooking Time: 5 minutes Yield 4 servings

Nutritional Information	(for 1 serving)
Protein	4.1 g
Fat	15.3 g
Carbohydrates	12.6 g
Calories	192

<b>1 lb</b>	Ontario asparagus, trimmed	<b>500 g</b>
<b>1/3 cup</b>	unseasoned rice vinegar	<b>75 mL</b>
<b>1 tbsp</b>	granulated sugar	<b>15 mL</b>
<b>3</b>	cloves garlic, minced	<b>3</b>
<b>3 tbsp</b>	minced sushi ginger	<b>45 mL</b>
<b>2 tbsp</b>	sesame oil	<b>25 mL</b>
<b>2 tbsp</b>	canola oil	<b>25 mL</b>
<b>1 tbsp</b>	soy sauce	<b>15 mL</b>
<b>3 tbsp</b>	finely chopped fresh coriander	<b>45 mL</b>
<b>2 oz</b>	mesclun salad mix	<b>60 g</b>
<b>1</b>	small head radicchio, separated	<b>1</b>
<b>1 tbsp</b>	sesame seeds, toasted	<b>15 mL</b>

Steam or simmer asparagus until tender-crisp, 3 to 5 minutes. Place in colander and refresh under cold running water; drain well and pat dry with paper towels. (Asparagus may be cooked several hours in advance.) Arrange in shallow dish large enough to hold it in single layer.

In small bowl, whisk together vinegar and sugar until sugar dissolves. Add garlic and ginger; combine well. Slowly whisk in sesame and canola oils and soy sauce; whisk in coriander. (Dressing may be made ahead and refrigerated for up to 3 days.) Pour over asparagus and turn gently to coat well.

Line serving platter with mesclun; arrange radicchio leaves around edge. Pile asparagus over top. Drizzle with any dressing left in dish. Sprinkle with sesame seeds. Serve within 30 minutes or asparagus will discolour.

## Grilled Asparagus with Lemon Aioli



Preparation time: 1 hour Cooking Time: 10 minutes Yield: 4-8 servings

### LEMON AIOLI

<b>1</b>	head garlic, cloves separated and peeled	<b>1</b>
<b>Pinch</b>	saffron (optional)	<b>Pinch</b>
<b>2–3 tbsp</b>	fresh lemon juice	<b>25–45 mL</b>
<b>1 tbsp</b>	finely grated lemon zest	<b>15 mL</b>
<b>1 cup</b>	mayonnaise	<b>250 mL</b>
	Salt and pepper	

### GRILLED ASPARAGUS

<b>1 lb</b>	Ontario asparagus, trimmed	<b>500 g</b>
<b>2 tbsp</b>	extra-virgin olive oil	<b>25 mL</b>
<b>1–2 tbsp</b>	balsamic vinegar	<b>15–25 mL</b>
	Salt and pepper	

Lemon Aioli: In small saucepan, cover garlic with water; bring to boil. Reduce heat to simmer; cover and cook until very soft, 30 to 40 minutes. Drain and pat dry.

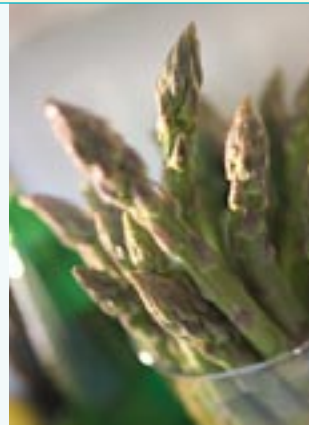
If using, stir saffron into lemon juice; set aside to dissolve, about 5 minutes. In food processor, process garlic and lemon zest to form purée. Add mayonnaise and lemon juice mixture; process until well blended. Season to taste with salt and pepper. Cover and refrigerate until ready to serve.

Grilled Asparagus: Brush asparagus with oil; grill until tender-crisp (see [Tips on back panel](#)), about 3 minutes per side. Brush with vinegar; season to taste with salt and pepper. Serve immediately with Lemon Aioli as dip or as drizzle.

### Nutritional Information (for 1 of 8 servings)

Protein	1.7 g
Fat	25.5 g
Carbohydrates	4.5 g
Calories	250

For more recipes and cooking ideas go to [www.asparagus.on.ca](http://www.asparagus.on.ca)



## Ontario Asparagus and Potato Salad

Preparation Time: 30 minutes Cooking Time: 15 minutes Yield: 12 servings

<b>3 cups</b>	cut (1-inch/2.5 cm pieces) Ontario asparagus	<b>750 mL</b>
<b>3 lb</b>	new potatoes (unpeeled), scrubbed	<b>1.5 kg</b>
<b>1/3 cup</b>	extra-virgin olive oil	<b>75 mL</b>
<b>1/4 cup</b>	freshly squeezed lemon juice	<b>50 mL</b>
<b>1 tsp</b>	finely grated lemon zest	<b>5 mL</b>
<b>2</b>	cloves garlic, minced	<b>2</b>
<b>2 tbsp</b>	coarse-grained Dijon mustard	<b>25 mL</b>
<b>1 tsp</b>	salt	<b>5 mL</b>
<b>1/2 tsp</b>	freshly ground pepper	<b>2 mL</b>
<b>2</b>	roasted red peppers, cut in 1/4-inch (5 mm) dice	<b>2</b>
<b>1</b>	bunch green onions (white and pale green parts only), cut in 1/4-inch (5 mm) thick slices	<b>1</b>
<b>1/4 cup</b>	fresh dill, finely chopped	<b>50 mL</b>
<b>2 tbsp</b>	finely chopped fresh chives	<b>25 mL</b>

Steam asparagus until tender-crisp, 3 to 5 minutes. Refresh under cold running water. Set aside. Cut potatoes into 1-inch (2.5 cm) cubes; steam until just tender, 8 to 10 minutes. Drain well and place in large bowl. Whisk together oil, lemon juice, zest, garlic, mustard, salt and pepper; add about two-thirds to hot potatoes and toss gently to coat well. Let cool to room temperature.

Add red peppers, green onions and dill along with remaining dressing; toss gently to mix well. Garnish with chives. Serve at room temperature.

Nutritional Information	(for 1 serving)
Protein	3.1 g
Fat	6.4 g
Carbohydrates	22.2 g
Calories	152

## From the tip

When buying fresh asparagus, look for crisp, straight, bright green stalks with compact tips. One pound (500 g) of fresh asparagus will make 4 servings.

Store fresh asparagus by wrapping the bottom of the stalks in a damp paper towel, putting them in a plastic bag and refrigerating. Plan to use within 2 days.

Prepare fresh asparagus by first breaking off the butt end of each spear where it snaps easily. Save the woody bases for soup stock, if desired.



Wash in cold running water to remove sand or grit. To keep nutrients, flavour and crisp texture, don't overcook.

Asparagus is a source of Vitamin C and Vitamin A and an excellent source of folacin. One-half cup (125 mL) of cooked asparagus contains 24 calories.

## Cooking tips

To cook asparagus, add enough water to saucepan to just cover asparagus plus 1 tsp (5 mL) salt. Bring to a boil, reduce heat and simmer until tender-crisp, 2 to 4 minutes depending on thickness. To serve hot, use immediately. To serve cold or use in a recipe, rinse with cold tap water to stop the cooking process.

### Other Cooking Methods:

**Steaming:** tightly covered over boiling water for 4 to 8 minutes.

**Oven-roasting:** drizzled with oil at 450°F (230°C) for 8 to 10 minutes.

**Microwaving:** covered with 2 tbsp (25 mL) water on HIGH for 4 to 6 minutes.

**Stir-frying:** cut into 1-inch (2.5 cm) pieces in oil in hot wok or frypan for 5 to 7 minutes.

**Grilling:** brushed with oil, directly over medium heat for 8 to 10 minutes, turning once halfway through cooking.

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# Recipes

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