

Asparagus

HOW TO CHOOSE AND STORE

Asparagus is available in green, white and purple varieties. Look for stalks that are dry and tight; avoid ones that are soft, limp or wilted. Keep it fresh by wrapping the stem ends in a wet paper towel and storing it in a plastic bag in the refrigerator.

HOW TO USE AND EAT

Asparagus can be eaten raw or cooked. Young stems can be eaten whole, though larger, thicker stems need to have the tougher bottoms removed. It can be steamed, sautéed, baked or poached, or added to your favourite salad raw.



GARLICKY ASPARAGUS

1 pound asparagus spears, trimmed
1 tablespoon oil
2 garlic cloves, thinly sliced 1/8 teaspoon salt
1/8 teaspoon ground black pepper

1. Steam asparagus 4 minutes or until crisp or tender.
2. While asparagus steams, heat oil in a large skillet over medium heat. Add garlic; cook 2 minutes or until fragrant, stirring frequently. Add asparagus, salt, and pepper; toss to combine

Roasted Asparagus

1. Preheat oven to 500F.
2. Place prepared asparagus on a roasting pan
3. Drizzle asparagus with olive oil, salt, and pepper; toss to coat well.
4. Arrange asparagus evenly in pan
5. Roast uncovered for 10-12 minutes until the asparagus begin to shrivel and caramelize on the edges.
6. Arrange on serving platter and finish with a drizzle of balsamic and sprinkle with shaved parmesan or to taste

Marinated Carrot and Asparagus Salad

1 pound asparagus
1/2 cup balsamic vinegar
1/4 cup oil
1 tablespoon chopped fresh parsley
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1 garlic clove, minced
4 cups julienne-cut carrot

1. Snap off tough ends of asparagus. Cut into 2- inch pieces. Cook asparagus in boiling water to cover 3 minutes. Drain, and plunge asparagus into ice water; drain. Place vinegar and next 5 ingredients (through garlic) in a large heavyduty zip-top plastic bag. Seal bag and shake to blend. Add asparagus to bag; seal bag and shake to coat. Chill 3 hours.
2. Add carrot to bag; seal bag and shake to coat. Chill 1 hour