



RECIPE

WHAT YOU NEED

- 8 STALKS OF WHITE ASPARAGUS
- 16 STALKS OF GREEN ASPARAGUS
- BUTTER
- 1 LEMON
- CHERVIL
- SUGAR
- SALT

FOR THE DRESSING:

- 4 TB GRAPE-SEED (CANOLA) OIL OR SUNFLOWER OIL
- 3 TB APRICOT VINEGAR
- SALT



White and Green Asparagus Salad



PREPARATION

- 1 Carefully peel the white asparagus, and cut off the dry end. Cook the asparagus in boiling water with 1 TB butter, lemon juice and a pinch each of sugar and salt until it is al dente (the cooking time will vary depending on the thickness and freshness of the asparagus).
- 2 Cut off the dry end of the green asparagus, and cook until al dente in generously salted water (the salt in the cooking water helps to preserve the green colour).
- 3 As soon as the asparagus is done, place it in a basin of ice-cold water to stop the cooking process and preserve the fresh colour.

- 4 Combine all the ingredients for the dressing. Cut the white asparagus lengthwise, dip in the dressing, and arrange on the plates. Sprinkle with chervil and serve immediately (the asparagus will start exuding water once it has been dressed).

FOR AN EXCELLENT SIDE-DISH: prepare soft-boiled eggs: bring the water to a boil, put the eggs into the water, and turn off the heat. Cover the eggs and let stand in the hot water for seven minutes. Peel the eggs, and dip them in flour, beaten egg and coarse white breadcrumbs. Fry the eggs in deep, hot fat until they are golden brown. Drain on paper towels, salt, and serve.

BON APPÉTIT 