



ASPARAGUS

TIP

Keep your asparagus in a jug of shallow water (like a bunch of flowers) to keep it fresh.

HINT

The methyl mercaptan in asparagus makes it difficult to pair with wine as it can give the wine a metallic flavour. Serving a high acid, grassy wine will usually do the trick and act as a foil for the asparagus flavours.

FACT

It came to Britain with the Romans but there is still argument today about where it first originated. In the 18th century asparagus was commonly known as sparrow-grass. It is actually a member of the lily family.

Raw Asparagus Salad with a Simple Dressing (V) (Gf)

This is a brilliant way of enjoying asparagus. It almost tastes of fresh summer peas or beans. Eating asparagus raw means you can enjoy its crunch and subtle flavours. This is an excellent dish on its own or one that could be mixed with pasta if you want something a bit more filling.

You will need (for two):

A bunch of asparagus

1-2 tbsp rapeseed oil

Handful of Parmesan, shavings

Juice of ½ lemon

Black pepper

Using a hand peeler, peel the asparagus. Remove the woody ends of the asparagus but leave enough to hold on to.

Pile all the peelings into a bowl, drizzle over the rapeseed oil, lemon juice, black pepper and add the Parmesan. Enjoy!

