



Recipes

ASPARAGUS

ROASTED ASPARAGUS WITH FETA CHEESE

48 medium asparagus spears, trimmed
2 tbsp (25 mL) olive oil
1/2 tsp (2 mL) salt

1/2 tsp (2 mL) freshly ground pepper
1 cup (250 mL) shredded dry pack feta cheese

Grease a large rimmed baking sheet or line with nonstick foil. Cook asparagus in boiling salted water for 2 minutes; drain. Cool immediately in ice water; drain. Pat asparagus dry with paper towels. Toss asparagus with oil until coated. Place in a single layer in prepared pan. Sprinkle asparagus with salt and pepper. Bake, uncovered, at 425°F (220°C) for 12 - 14 minutes or until asparagus is tender. Transfer to a serving dish and sprinkle with cheese. Serves 8.

GRILLED ASPARAGUS WITH WASABI LIME MAYONNAISE

1tbsp (15 mL) sesame oil
2tsp (10 mL) soy sauce
2tsp (10 mL) rice vinegar
1tsp (5 mL) grated fresh ginger

1clove garlic, finely chopped
Dash freshly ground pepper
24asparagus spears, trimmed
Wasabi Lime Mayonnaise, recipe follows

To prepare marinade, combine first 6 ingredients (oil through pepper) in a heavy zip-lock plastic bag. Add asparagus and squeeze bag to coat asparagus with marinade; seal bag. Let stand 30 minutes. Remove asparagus from marinade; discard marinade. Grill asparagus over medium heat on natural gas barbecue, turning occasionally until tender, about 5 - 7 minutes. Serve with Wasabi Lime Mayonnaise. Serves 4 - 6.

Wasabi Lime Mayonnaise

1 cup (250 mL) mayonnaise
4tsp (20 mL) soy sauce
2tsp (10 mL) fresh lime juice

1 1/2tsp (7 mL) sugar
1 1/2tsp (7 mL) wasabi paste

Combine all ingredients. Cover and refrigerate until serving. Makes about 1 cup (250 mL).

ASPARAGUS WITH GREMOLATA BUTTER

2 lb (1 kg) asparagus spears, trimmed
2 tbsp (25 mL) butter
2 tbsp (25 mL) chopped fresh parsley

2 tsp (10 mL) grated lemon peel
1 clove garlic, finely chopped
2 tbsp (25 mL) fresh lemon juice

Steam asparagus just until tender crisp, about 4 minutes; drain. Cool immediately in ice water; drain. Asparagus may be prepared to this point, wrapped in paper towelling and refrigerated for up to 24 hours. Melt butter in a large frypan over medium heat. Stir in parsley, lemon peel and garlic; saute for 1 minute. Add asparagus and saute until heated through, about 3 minutes. Stir in lemon juice to coat. Serve immediately. Serves 8.

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PAN ROASTED ASPARAGUS WITH BALSAMIC VINEGAR

1 1/2 tsp (7 mL) olive oil
12 - 14 asparagus spears, trimmed
1 tbsp (15 mL) balsamic vinegar

Salt and freshly ground pepper
Balsamic vinegar

Heat oil in a large frypan over medium-high heat. Place asparagus in frypan in a single layer. Cook, shaking pan occasionally, 5 - 7 minutes or until tender. Drizzle with 1 tbsp (15 mL) vinegar and shake pan to coat asparagus. Season to taste with salt and pepper. Serve immediately with additional balsamic vinegar. Serves 3 - 4.

ASPARAGUS CORDON BLEU

32 asparagus spears, trimmed
8 thin slices mozzarella cheese
8 thin slices smoked honey ham
1/4 cup (50 mL) butter

1 cup (250 mL) fine dry bread crumbs
1/4 tsp (1 mL) basil, crumbled
1/4 tsp (1 mL) oregano, crumbled
1/2 cup (125 mL) freshly grated Parmesan cheese

Cook asparagus in boiling salted water for 2 minutes; drain. Cool immediately in ice water; drain. Pat asparagus dry with paper towels. Place 1 slice of cheese on top of 1 slice of ham. Cheese slice should be about the same size as ham slice. Place 4 asparagus spears at one end of cheese. Roll cheese and ham up over asparagus and secure with a toothpick. Repeat procedure with remaining cheese, ham and asparagus. Place rolls, seam side down, in a single layer in a greased 9x13 inch (23x33 cm) baking dish. Melt butter in a frypan over medium heat. Add bread crumbs, basil and oregano. Cook, stirring, for 1 minute; cool. Stir in Parmesan cheese. Sprinkle bread crumb mixture over rolls. May be prepared to this point and refrigerated for up to 24 hours. Remove from refrigerator and let stand for 20 - 30 minutes. Bake, uncovered, at 350°F (180°C) for 20 - 25 minutes or until crumb mixture is light golden and asparagus is heated through. Serves 8.

Cook's Note: Do not use processed mozzarella cheese slices in this recipe.

ASPARAGUS WITH STRAWBERRY VINAIGRETTE

24 asparagus spears, trimmed
8 cups (2 L) mixed baby greens
2 cups (500 mL) sliced strawberries
1/4 cup (50 mL) rice vinegar
2 tbsp (25 mL) fresh lemon juice
1 tbsp (15 mL) Dijon mustard

1/2 tsp (2 mL) marjoram, crumbled
1/2 tsp (2 mL) sugar
1/4 tsp (1 mL) salt
2/3 cup (150 mL) oil
6 whole strawberries

Cook asparagus in boiling water until just barley tender; drain. Cool immediately in ice water; drain. Pat asparagus dry with paper towels. Arrange greens on 6 individual serving plates. Top each with 4 asparagus spears; cover and refrigerate for up to 4 hours. To prepare dressing, combine next 7 ingredients (strawberries through salt) in a blender. Puree until smooth. Gradually add oil and process until blended. Drizzle dressing over asparagus and greens. Garnish each serving with a whole strawberry. Remaining dressing may be refrigerated for up to 2 days. Serves 6.

GRILLED HERBED ASPARAGUS

1/4 cup (50 mL) olive oil
1/4 tsp (1 mL) basil, crumbled
1/8 tsp (0.5 mL) thyme, crumbled

2 tsp (10 mL) chopped fresh parsley
1 green onion, finely chopped
1 lb (500 g) asparagus, trimmed

To prepare marinade, combine oil, basil, thyme, parsley and green onion. Toss with asparagus. Let stand 30 minutes. Drain vegetables; discard marinade. Grill asparagus directly on grid over medium heat on natural gas barbecue for 12 - 15 minutes, turning occasionally. Serves 4.