

ASPARAGUS BOILED

1kg/2.5lbs uncooked asparagus
salt to add to boiling water

METHOD

1. To prepare the asparagus, break off the cut end of each asparagus. There is a point where the asparagus will bend and will break easily at that point. Try to keep as close to the cut end as possible. The piece that you break off will be woody. Keep the ends of all the asparagus as they make a really good base for asparagus soup.
2. Bring a large saucepan of cold water to the boil. It only needs to be filled about one third full.
3. Add a good dash of salt to it.
4. Gently lower the asparagus into the boiling water and turn down the heat to a very gentle boil.
5. Continue to cook until, when a knife is inserted into them, the asparagus spears are tender. Do not overcook them but keep them a little on the firm side.
6. Using a slotted spoon or tongs remove the asparagus from the liquid and place on a serving plate. Keep the boiling liquid in which to poach the hard ends as this too has flavour that is good for an asparagus soup.

Simple boiled asparagus are wonderful with any dressings, melted butter, hollandaise sauce or aioli or mayo.