

ASPARAGUS VINAIGRETTE

VINAIGRETTE

¼ cup good wine vinegar
2 cloves garlic crushed
1 teaspoon finely ground sea salt
3 teaspoons prepared Dijon mustard
1 cup olive oil

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

METHOD

1. Make the vinaigrette dressing by placing the vinegar and mustard in a leak proof bottle and shaking well until the mustard is dissolved.
2. Then add the remaining ingredients and shake until well amalgamated and creamy. Taste for seasoning. Set aside.
3. 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.
4. Bring a large saucepan of cold water to the boil. It only needs to be filled about one third full.
5. Add a good dash of salt to it.
6. Gently lower the asparagus into the boiling water and turn down the temperature to a very gentle boil. Continue to cook until, when a knife is poked into them, the asparagus spears are tender. Do not overcook them but keep them a little on the firm side.

PTO

7. 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.
8. Gently dribble dressing over the whole dish of asparagus.
10. This dish is delicious served at room temperature or refrigerated for use the following day.