

Asparagus Spears Crudités

Show: ☐ May 8th

Ingredients: 20-25 Spears

1 bunch Asparagus, fresh

Procedure:

Preheat water in steamer to a boil, snap ends of asparagus; they will snap at the point where they become tender. Using a vegetable peeler, peel the heaviest part of the stem.**

Place in steamer and steam for 2 minutes or so, until a knife pierces through easily. Remove from steamer and douse in ice water. This stops the cooking process and helps maintain the bright green color. Remove from ice bath and slice lengthwise and cut the heavy ends at an angle for presentation

**Only peel the stems if they are medium to large asparagus and seem tough. The young pencil-thin sizes do not need to be peeled.

Recipe Meyer Lemon Mayonnaise

Ingredients: Makes 3/4 cup

1/2 cup Mayonnaise
2 Tbls Lemon Juice, freshly squeezed
1 tsp Lemon zest
2 Tbls Scallions, finely chopped
(include a bit of the green)

Procedure:

In a bowl, mix 1/2 cup mayonnaise, 2 Tbls freshly squeezed lemon juice and 1 tsp lemon zest. Mix thoroughly then add 2 Tbls finely chopped red scallions (including a bit of the green tail) Mix well. Display in an attractive bowl.

Points of precaution: Adding the acid ingredient helps prevent bacteria from forming in the

mayonnaise, especially at room temperature. Also by placing the mayonnaise on top of another dish or bowl with ice, will keep it better.

[« Back to List of Recipes](#)