

Asparagus

Store	<ul style="list-style-type: none"> Buy small quantities and eat regularly as asparagus tastes better when eaten within one or two days of buying. Store upright in the fridge with cut ends in water and plastic bag over the tips, or wrap the butt ends in we paper towels. You can also store asparagus in a jar with the ends in 2cm of water, like flowers in a vase. 	
Prepare	<ul style="list-style-type: none"> Snap off the woody ends by gently bending the spear at the base and it will snap at its natural breaking point, where the woodiness turns into crispiness Wash in cold water 	
Cook	<ul style="list-style-type: none"> Cook for the shortest time possible, cooked asparagus should not be floppy when held upright Boil in water for 2 - 3 minutes Steam for 3 - 4 minutes Microwave covered with a little water for 1 - 3 minutes Grill or BBQ steamed asparagus for 1 minute, spray with a little olive oil 	
Add Flavour	<ul style="list-style-type: none"> Just before serving, squeeze over a little lemon juice and ground pepper Add a little olive oil, crushed garlic and grated parmesan cheese Equal quantities of soy sauce and sesame oil will give an Asian flavour, 1 teaspoon each 	
Vege Up	<ul style="list-style-type: none"> Add to a stir fry Use steamed asparagus in frittatas / quiches, fan the spears decoratively on top Steamed asparagus can be added to all types of salads Make fresh deluxe asparagus rolls, lightly cook asparagus and then roll in wholemeal bread Spray asparagus with a little olive oil and roast in the oven Drizzle with a little balsamic vinegar, toss to coat and grill or BBQ until caramelised 	

Recipe Ideas

Salad	<p>Asparagus and Orange salad</p> <ul style="list-style-type: none"> - 2 bunches of asparagus, cooked - 1 small lettuce, washed - 1 avocado, peeled - 2 oranges, peeled and segmented - Vinaigrette dressing <p>Cut asparagus spears in half lengthwise Slice avocado Arrange lettuce leaves, asparagus, avocado slices and orange in a bowl or on a platter Sprinkle with dressing.</p>	
Hot Dish	<p>Asparagus, Poached Eggs and Bacon</p> <ul style="list-style-type: none"> - 4 slices of bacon, cooked until crisp - 400gm asparagus, trimmed and cooked - 4 eggs - ¼ cup grated parmesan <p>Poach the eggs in lightly salted water. Divide the asparagus onto 4 serving plates, top with poached egg, and crumble the bacon over the top. Sprinkle with the grated cheese and freshly ground pepper</p>	