



Full Belly Farm

Fresh, delicious veggies fruits and nuts

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ASPARAGUS RECIPES

These recipes updated 7/23/2011

Pizza with Grilled Asparagus

From 5/08

Pizza round

Cheese – grated, about 2 cups (enough to cover the pizza round)

Olive oil

Fresh or regular onions

Oregano, chopped fine if fresh

1/2 bunch of asparagus

small amount of sun dried tomatoes

Salt and pepper to taste

Grill or steam the asparagus to just barely cook it. Slice it into 2-inch pieces after it is cooked. Slice up the onions. In a large skillet, sauté them in olive oil. Add salt and pepper to taste. Keep cooking and stirring until the onions are browned – this may take up to 30 minutes. You want to caramelize them.

Preheat the oven to 425°. Sprinkle the pizza round with cheese, onions and asparagus. If you have sun-dried tomatoes available, these are another wonderful addition. You should soak them for a few minutes in steaming water (just enough to cover them) and then chop them into bite-sized pieces before distributing them on the pizza crust. Add a fresh herb like thyme or oregano if you have it available. If not available fresh, sprinkle dried oregano on top of the pizza. Bake the pizza according to the directions. It sometimes helps to brush the border of the pizza with olive oil for a shiny brown crust.

Vetou's Asparagus

Adapted from *A Culinary Journey in Gascony*, by Kate Hill.

Recipe provided by Donna Yee -- Thanks Donna!

From 5/05

1 tablespoon olive oil

2 oz (approx 1 strip) bacon, pancetta, or ham, chopped

1 bunch fresh spring onions, bulbs only, trimmed and cut lengthwise into halves or quarters

1 bunch green garlic, tender lower portions of stalks only, trimmed and cut lengthwise into halves, then cut into 3-inch pieces

1 bunch asparagus, peeled or trimmed, then cut into 3-inch pieces

1 fresh mint leaf

2 sprigs fresh thyme

salt and freshly ground pepper

1/2 cup white wine

(optional) 1 tablespoon butter

lemon wedges

Heat the oil in a large sauté pan over medium heat. Add the bacon, pancetta, or ham, and cook briefly until soft. Add the onions and green garlic pieces, sautéing gently until half cooked. Do not allow the onions and garlic to brown much. Add the asparagus, mint leaf, thyme, salt and pepper, and 2 tablespoons of water. Cover the pan and cook slowly over medium-low heat for 10 to 15 minutes. Check occasionally, and if necessary add a little water to prevent the vegetables from sticking to the pan.

Uncover the pan, add the wine, and continue to cook until the asparagus is tender when pierced with a fork. Taste, and add more salt or pepper if desired. Remove the vegetables to a warm serving platter. Turn the heat up to high and reduce the liquid left in the pan to 2 or 3 tablespoons, then add the butter (optional). Pour the sauce over the vegetables. Serve hot with lemon wedges.

Dru's One-Pot Asparagus Soup

From 4/02

Cook the asparagus in boiling water until it is soft. Puree it (if you have a blender wand this is really easy). Add cream (Dru has jersey cream from our cow!) Add salt and pepper to taste. You can also steam some of the asparagus tips to the side and put them in at the end so they are floating in the soup. Add garlic and thyme if you like.

Asparagus Soup with Parsley Garnish

From 4/08

2 pounds asparagus
6 cups vegetable or chicken stock or water
1 leek, or the fresh onions in your box, sliced up
1/2 pound of potatoes, chopped
Olive oil
Parsley
Crème fraîche (optional)

Cut or snap off any tough ends of the asparagus, clean and simmer the asparagus in the stock until it's cooked. Remove the asparagus. Now add the onions or leek, and the potatoes and stew them until they are very soft. Chop the asparagus, reserving the tips to garnish the finished soup. Add all but the tips to the soup pot and let the soup simmer for about 5 minutes.

Purée the soup in a blender. Add additional water if the soup is too dense. Serve the soup chilled or reheated to just below a boil, garnished with the asparagus tips, chopped parsley and crème fraîche (if you wish).

Asparagus Soup

From 4/05

Our asparagus has been growing slowly, due to the cool weather. But we hope to enjoy it well into May. One of our cooking references suggests that asparagus stalks should be stored upright in an inch of water in the refrigerator. This way they absorb moisture and stay fresh. Asparagus is so easy – you can steam or stir fry it and then serve it with a bit of lemon. Or if you want to do something fancy, try making a soup:

2 lb. Asparagus
4 to 6 tablespoons of butter
1 1/2 cups sliced leeks or 1 cup chopped onions
3 tablespoons of flour
6 cups chicken broth or water
1 egg yolk (optional)
3/4 cup light cream
salt and pepper to taste

Cut off the top 3 inches of the asparagus, trim and blanch these tips for 4 minutes. Cool, chop, and set aside. Trim the ends of the remaining asparagus and chop the stalks into 1/2-inch pieces. Melt 4 tablespoons of the butter in a 3 to 4 quart saucepan. Add the leeks or onions and cook slowly until wilted but not too browned, about 8 minutes. Stir in the raw asparagus and cook, covered, for 5 to 10 minutes. Add the broth, bring to a boil, reduce the heat, and simmer, partially covered for 30 minutes.

When the soup has cooked, purée the mixture and sieve to remove fibers. The texture should be very fine. Take half the reserved asparagus, add to the soup, and roughly purée. Beat the egg yolk and cream in a bowl and slowly whisk into it 1/2 cup of the hot soup. Whisk mixture back into the hot soup. Add a garnish of the remaining chopped asparagus and reheat without boiling. If desired, add 2 tablespoons butter as a final enrichment.

Roasted Asparagus

From 3/04

A great way to cook the asparagus is a quick roast: I enjoy combining the asparagus with leeks or fresh garlic. Slice the leeks lengthwise into skinny ribbons. Arrange them on the bottom of the roasting dish. Sprinkle a bit of olive oil, salt and balsamic vinegar on them and bake them for 10 minutes at about 400 degrees. Then add the asparagus. The leeks (or fresh garlic) take a bit longer than the asparagus. You will probably only need about 15 minutes for the asparagus to be in the oven before it is done. During the cooking period take the dish out a few times and stir the asparagus and leeks around to coat them fully with the marinade.

Asparagus New Potato Soup

From 4/09

The asparagus season is almost over. We have been able to put asparagus in the boxes every week that we have been harvesting it. We hope that you have enjoyed it! Here's a soup recipe that used several of the veggies that you have been getting in your spring boxes.

1 bunch of asparagus

6 cups of vegetable stock, light chicken stock or water

Fresh thyme and bay

Two onions

1 pound new potatoes

Olive oil

1 cup cream

Snap off any rooty ends of the asparagus and simmer it in the stock with the thyme and bay. In a deep soup pot, stew the onions and potatoes in the olive oil and a little water. When the vegetables are very soft, strain the stock into the pot and bring it to a simmer.

Chop the asparagus roughly, reserving the tips to garnish the finished soup. Add the rest of the asparagus to the soup pot. Let the soup simmer for about 5 minutes until the asparagus is just tender. Do not overcook or you will lose freshness and color. Puree the soup and pass it through a sieve into a bowl. The soup should be dense but smooth. To get the right consistency, thin with additional water or stock. Finally, add the cream.

Cut the reserved asparagus tips in half lengthwise and parboil for 1 to 2 minutes. Serve the soup garnished with the asparagus tips. It can be served chilled or heated.

Green Mustard and Asparagus Frittata

From 2/10

Dense in vegetables, easy and quick to cook, we had this frittata on Sunday night, thinking about the veggies you are getting this week in the box. It was delicious! Perfect as a simple dinner for four. This recipe was inspired by the one in Alice Waters' *The Art of Simple Food*, Clarkson Potter, 2007. We happened to have a bit of left-over tomato sauce that we used -- it added a lot to the flavor. The frittata can be made with other vegetables besides those in this week's box.

One bunch Wild Green Mustard
One bunch Green Garlic
One bunch Asparagus
6 eggs
Salt, pepper
Pinch of cayenne
Olive Oil
Dry Jack Cheese, grated (optional)
A bit of simple tomato sauce (optional)

Clean and dice the green garlic. Wash and coarsely chop the green mustard leaves. Crack the 6 eggs into a large bowl and add salt (about 1 teaspoon), pepper and cayenne. Beat lightly.

We like our asparagus roasted. This only takes a few extra minutes. We think it is worth it, but if you don't want to take the trouble, you can cook the asparagus with the other vegetables (see below). Either way, you will want to break off any stiff stems and thoroughly wash the asparagus. Preheat the oven to 450 degrees. Arrange the asparagus on a cookie pan and sprinkle olive oil and salt over it. Mix the stems together to coat them in the oil. Pop the pan in the oven and pay attention! Don't overcook the asparagus. Take it out when it is tender but still a bit firm. Chop it into 1 1/2-inch pieces.

Heat a 10-inch heavy pan over medium-low heat. Add 2 T of olive oil and cook the garlic. When the garlic is soft, add the mustard leaves and cook them until they are tender, adding a splash of water if the pan dries out. Turn the veggies out onto a plate. If there is extra water in the mixture (from the chard), gently squeeze it out. Add the asparagus to the vegetables and stir them into the beaten eggs.

Put the pan back on a medium-low heat and heat up a bit of olive oil. Pour in the egg mixture. As the eggs set on the bottom, lift the edges to allow the uncooked egg to flow underneath. Continue to cook until it is mostly set (don't be impatient!) Invert a plate on top of the pan and turn it and the pan upside down to turn out the frittata. Put the pan back on the heat and add a bit of olive oil. Slide the frittata back into the pan. Sprinkle the grated cheese on the top. Cover so that the cheese melts. Cook for a few minutes and you're done! The frittata should be cooked through but still moist.

Asparagus and Mushrooms over Pasta

From 3/10

3/4 to 1 pound asparagus

Salt to taste

Medium onion

1/2 pound fresh white or cremini mushrooms

1/4 cup olive oil

1/4 teaspoon freshly ground black pepper

1 pound pasta

1/2 cup freshly grated Parmesan cheese, plus more to taste

Snap off tough ends from the asparagus spears. Cut the spears in half lengthwise, then slice them on the bias into 1-inch pieces. Bring a quart of water and a bit of salt to a boil in a medium saucepan. Add the asparagus to the boiling water. Cook for 2 minutes, drain the asparagus, and reserve 1/4 cup of the cooking liquid. Set the asparagus and cooking liquid aside separately.

Peel and dice the onion. Wipe the mushrooms with a paper towel to remove any dirt. Thinly slice the mushrooms and set them aside. Heat the oil in a large skillet. Add the onions and saute over medium heat, stirring occasionally, about 10 minutes. Add the mushrooms, raise the heat to medium-high, and saute until they have softened and thrown off their juices, about 5 minutes. Add salt and pepper to

taste.

Add the asparagus and reserved cooking liquid to the skillet. Simmer until the asparagus is heated through and the sauce has thickened a bit, about 2 minutes. Taste for salt and pepper and adjust if necessary.

While preparing the sauce, cook and drain the pasta. Toss the hot pasta with the asparagus and 1/2 cup Parmesan. Mix well and transfer portions to warm pasta bowls. Serve immediately, with more grated cheese passed separately.

Shaved Asparagus and Parmesan Salad

From 4/2011

We had this at lunch recently and really enjoyed it. The asparagus in this salad is raw -- and you may be surprised at how delicious it is after marinating in the vinaigrette.

1 fresh onion, diced fine
2 Tablespoons champagne vinegar
2 Tablespoons lemon juice
Salt
1/3 cup olive oil
3/4-lb asparagus from your box
Pepper Parmigiano-Reggiano cheese

Macerate the onions for 15 minutes in the vinegar, lemon juice and a little salt. Whisk in the olive oil.

Snap off the tough bottom ends of the asparagus spears if there are any. With a mandolin (or possibly a sharp vegetable peeler if you don't have a mandolin), very carefully shave each asparagus spear into long, thin ribbons. Put the shaved asparagus in a salad bowl and season with salt and pepper. Dress lightly with the vinaigrette.

Using the vegetable peeler or a sharp paring knife, shave large curls of parmesan over each serving.

Asparagus Frittata

From 5/2011

Asparagus from your box, washed and trimmed
One or two of the onions from your box, chopped
6 eggs, beaten together
1/4 cup grated parmigiano- reggiano plus a bit extra
Salt and Pepper
Olive Oil

Blanch the asparagus in a pot of salted boiling water over high heat for two minutes. Remove from the water and slice it into 2-inch pieces.

Sauté the onion in olive oil using a large ovenproof skillet. After the onion is soft, add the asparagus and cook for about 3 minutes. Combine the eggs and cheese. Pour the eggs into the skillet and cook, lifting the edges to allow any uncooked egg to flow underneath. When the frittata is almost set, add a final sprinkling of parmigiano- reggiano on top and put the skillet under a preheated broiler until it is lightly browned – 1 to 2 minutes. An optional step is to add some fresh herbs to the eggs if you have any. Oregano, french tarragon or thyme are all possibilities.