

# COOKING ASPARAGUS



## British Asparagus

*These asparagus recipes come courtesy of British Asparagus from the Asparagus Growers' Association. Visit their web site for lots more information on asparagus and cooking ideas—[www.british-asparagus.co.uk](http://www.british-asparagus.co.uk)*



Asparagus spears differ in size and weight and for this reason cooking times will vary, but generally they will take between 3 and 6 minutes.

Whatever cooking method you choose, first wash the stems thoroughly in plenty of cold water. Then trim the stalks and, if the lower part of the stem seems tough when sliced, lightly peel the bottom third of the stem.

### Classic Combination of Asparagus and Hollandaise Sauce

*Preparation: 1 minute  
Cook: 3 minutes*

#### **Ingredients**

2 bunches of British asparagus  
Hollandaise - Make your own or open a jar

#### **Method**

1. Steam asparagus for 2-3 minutes and dunk in Hollandaise.



### Griddled Asparagus with Mayonnaise Dip

*Preparation: 2 minutes  
Cook: 3 minutes*

#### **Ingredients**

2 bunches of British asparagus  
2 tbsp olive oil  
Mayonnaise - make your own or open a jar

Blue cheese or Dijon Mustard or Lemon Juice and chopped herbs to taste

#### **Method**

1. Toss asparagus in olive oil and griddle the asparagus for 2-3 minutes.
2. Meanwhile mix ingredients of your choice with the mayonnaise and serve.

### Microwave Asparagus

*Preparation: 1 minute  
Cook: 2 minutes*

#### **Ingredients**

2 bunches of British asparagus  
Knob of butter  
Cracked pepper and sea salt

#### **Method**

1. Rinse the asparagus and put it in a microwave proof dish with the knob of butter and seasoning.
2. Microwave on high for 2 minutes
3. Serve.

