

ASPARAGUS SWIRLS



 British Asparagus

This recipe comes from Charlotte Copas who is passionate about cooking and enjoys trying new recipes using fresh produce she picks with her children.

ASPARAGUS TWISTS

This gorgeous idea came from a foodie discussion between mums. This was Mary's asparagus swirl recipe.

WHAT YOU NEED

- 24 Asparagus Spears
- 12 Slices Prosciutto or Parma Ham
- 1 Sheet of Puff Pastry

WHAT TO DO

1. Preheat the oven to 200°C.
2. Tear or cut the prosciutto in half lengthways
3. Cut 1cm wide strips of puff pastry the same length as the prosciutto
4. Twist the prosciutto and puff pastry around the base of the asparagus. Try to make it look stripy with the red of the ham and the yellow pastry
5. Place on a baking tray and cook in a hot oven for around 10 minutes until the pastry is puffed and golden
6. Serve and enjoy!



When in season use freshly picked asparagus from The Fruit Fields Pick Your Own for this Recipe. You can call the 24-Message Line Numbers for the Farms for details on opening hours and produce availability:

- ◆ Calves Lane Farm, Iver: (01753) 652727
- ◆ Lower Mount Farm, Cookham: (01628) 529511