

Green Asparagus Tart with Potatoes

1 Cut off the asparagus' tougher stalk ends (about 1-2 inches/3-5 cm). Blanch the asparagus briefly for 1 to 2 minutes in boiling, lightly salted water, then transfer to a bowl with ice water (to preserve its fresh green color and overall quality).

2 Peel and thinly slice potatoes (3-4 mm) and add to a pot with a few spoons of olive oil. Carefully pan-fry potatoes over low to medium heat for about 5-8 minutes (don't let them brown). Then remove the slices from the pot.

3 Grease a suitable rectangular tart (8 inch/20 cm) form with butter, arrange puff pastry and form a small rim. Using a fork, stab little holes all over the arranged puff pastry. On top, add a layer of potato slices and sprinkle with grated Gruyère.

4 Combine eggs and Crème double in a bowl, season with sea salt, freshly ground pepper and nutmeg and pour over the potatoes/ Gruyère. Now arrange asparagus spears equally across the tart. You may want to brush the tart edges with melted butter or egg yolk to let it gain a nice golden color while baking.

5 Bake at 180°C (360°F) in the preheated oven for about 25 to 30 minutes.

6 Blanch the asparagus in boiling, lightly salted water for about 5 minutes, transfer to a bowl with ice water, then drain and cut it into small pieces. Set aside.

7 To poach the eggs, use a pan that is at least 3 inches deep so there is enough water to cover the eggs. Bring water to a boil, add a tablespoon of vinegar (the vinegar should help the egg to keep its shape) and stir briefly to create a "whirlpool". Slip egg carefully into its center and simmer for about 3-4 minutes depending on the size of the egg. Remove from water with slotted



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Recipe source: Genießen mit Gästen, Alastair Hendy, p.45, adapted
Prep time: 20min., baking: 25-30min.

Ingredients (serves 3-4):

- * a bunch of green asparagus (about 12 pieces)
- * 2 large potatoes, sliced
- * 3-4 tbsp olive oil
- * puff pastry, cut into shape
- * 75g Gruyere, grated
- * 2 eggs, lightly beaten
- * 100ml Crème double
- * a pinch of freshly ground nutmeg
- * sea salt & freshly ground pepper

Asparagus Risotto with Poached Egg

Recipe source: Food for Lovers, p.41, adapted
Prep time including cooking: 30min.

Ingredients (serves 2-3):

- * 250g green asparagus
- * 0,75l chicken or vegetable stock
- * 1 tbsp white wine vinegar
- * 3 free range eggs
- * 75g butter
- * 1 large shallot, finely chopped
- * 250g risotto rice
- * 30g Parmesan, freshly grated
- * coarse sea salt & freshly ground black pepper
- * to serve:
- * Parmesan cheese shavings
- * fresh parsley, finely chopped



spoon and transfer to a bowl with warm water.
Repeat process with the other egg(s).

8 Add the shallots and half of the butter to a sauce pan and sauté for about 5-6 minutes until soft and translucent (don't brown them). Add the rice and stir over moderate heat to coat the grains with the butter.

9 Now add a cup of the warm broth and stir gently until almost all of the broth is absorbed. Add broth one cup at a time, continuously stirring and having an eye on the pan to not let the rice stick to the bottom. Do so for about 15-20 minutes, or until the rice is tender and creamy. Fold in the grated Parmesan, some chopped parsley, the remaining butter and season with salt and freshly ground pepper to taste. Now add the asparagus, allow to rest for a minute or two.

10 Serve with a drained poached egg on top and additional Parmesan shavings.



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