

# ASPARAGUS



## PREPARATION

- Snap or slice off tough ends before cooking. Asparagus for use in salads is often blanched, however, if the asparagus is fresh it can be used raw.
- Fresh asparagus is 'squeaky' – when the spears are gently rubbed they squeak; old asparagus is rubbery and doesn't squeak.

## ADD FLAVOUR

- Serve asparagus with light mayonnaise, cottage cheese, hollandaise or aioli. It can be used in soups, quiches, pies, salads, stir fries, or eaten with fresh bread.
- To retain the colour, add a little lemon juice or vinegar when cooking and cook for a very short amount of time using a method such as stir frying.

## COOKING

- Lightly steam
- Stir fry
- Cover in water and microwave for 3 mins and then place straight in cold water (blanch)
- Bake
- Barbecue asparagus

## VEGE UP

- Asparagus is one of the highest vegetable sources of folate and is also a source of riboflavin, vitamins C and K, plus contains a dietary significant amount of potassium.
- Asparagus ends can be used to flavour soups or stocks. Cooked asparagus should be tender but slightly crisp. For maximum flavour, try not to overcook.

## STORAGE

- Keep asparagus refrigerated with butt ends either wrapped in wet paper towels; or
- Stand up in a jar with 1–2 cm of water (like flowers in a vase); or
- Wash, then refrigerate in plastic bags or containers