

# Fruit & Vege Co-op



## Asparagus

STORAGE	PREPARATION
<ul style="list-style-type: none"><li>- Keep asparagus refrigerated with butt ends either wrapped in wet paper towels; or</li><li>- Stand up in a jar with 1-2 cm of water (like flowers in a vase); or</li><li>- Wash, then refrigerate in plastic bags.</li></ul>	<ul style="list-style-type: none"><li>- Choose straight firm green stems. Fresh asparagus is 'squeaky' – when the spears are gently rubbed they squeak; old asparagus is rubbery and doesn't squeak.</li><li>- Snap or slice off tough ends before cooking. Asparagus for use in salads is generally blanched, however, if the asparagus is thin and fresh it can be used raw.</li></ul>
ADD FLAVOUR	VEGE UP
<ul style="list-style-type: none"><li>- 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.</li><li>- 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.</li></ul>	<ul style="list-style-type: none"><li>- 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.</li><li>- Asparagus ends can be used to flavour soups or stocks. Cooked asparagus should be tender but slightly crisp. For maximum flavour, don't overcook!</li></ul>
COOKING	
Lightly steam, stir fry, microwave, boil, bake or barbecue asparagus.	
<b>RECIPE: Easy Brunch (Serves 4)</b> <i>Adapted from <a href="http://www.vegetables.co.nz">www.vegetables.co.nz</a></i>	
1-2 bunches of asparagus 4 eggs (or one per person if cooking for more than 4 people) 4 slices of wholegrain bread, toasted ½ cup grated cheese Salt and black pepper to taste 1 large tomato, cut into wedges Fresh parsley to garnish (optional)	
<ol style="list-style-type: none"><li>1. Snap the hard lower stalk off the asparagus with your fingers (if you hold it near the bottom it will snap where the stalk softens).</li><li>2. Steam the asparagus for 8-10 minutes till just soft to the bite but still bright green.</li><li>3. Fill a high sided pan with boiled water, break in the eggs and poach on a low simmer for 4-5 minutes.</li><li>4. Drain the eggs.</li><li>5. Place the toast onto plates and top with asparagus and then poached eggs, top with grated cheese and pepper and garnish with parsley.</li></ol>	
<b>Variation</b>	
<ul style="list-style-type: none"><li>- Soft boil the eggs and halve them onto toast instead of poaching.</li><li>- Add a slice of bacon or a grilled mushroom per person for a main meal.</li></ul>	

All recipes are available on our website by visiting [www.rph.org.nz](http://www.rph.org.nz) > Nutrition > Fruit and Vege Co-op

