



Menu du Jour

26 Feb 06

Marinated Asparagus (Serves four)

Marinated Asparagus

This is a simple side dish that's great when entertaining. The asparagus is cooked and chilled in advance, then marinates while the rest of the meal is being prepared.

1 pound thin asparagus
1 tablespoon coarse kosher salt
1 tablespoon finely chopped shallot
2 tablespoons balsamic vinegar
2 teaspoons lemon juice
1 teaspoon Dijon mustard
2 cloves garlic, minced
1 teaspoon dried basil
1 teaspoon dried oregano
Kosher salt and freshly ground black pepper, to taste
1/3 cup olive oil

Bring about 3 inches of water to a boil in a large skillet. Add the salt. Wash the asparagus in cold water and break off the tough ends.

Place spears in the boiling water. Return the water to a boil, reduce heat and simmer for about 5 minutes or until the asparagus is crisp-tender. Do not overcook the asparagus. Drain and shock in an ice bath to stop the cooking. When cooled, drain the asparagus and place in a large baking dish.

In a small bowl combine the chopped shallot with the vinegar, lemon juice, mustard, salt and pepper. Whisk in olive oil. Pour over the asparagus. Allow to marinate at room temperature for 1 hour, then cover and refrigerate until serving time. Bring to room temperature before serving.



Cooking & Presentation



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