



Full Belly Farm

Fresh, delicious veggies fruits and nuts

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ASPARAGUS RECIPES

These recipes updated 6/22/09

Pizza with Grilled Asparagus

From 5/08

Pizza round

Cheese – grated, about 2 cups (enough to cover the pizza round)

Olive oil

Fresh or regular onions

Oregano, chopped fine if fresh

1/2 bunch of asparagus

small amount of sun dried tomatoes

Salt and pepper to taste

Grill or steam the asparagus to just barely cook it. Slice it into 2-inch pieces after it is cooked. Slice up the onions. In a large skillet, sauté them in olive oil. Add salt and pepper to taste. Keep cooking and stirring until the onions are browned – this may take up to 30 minutes. You want to caramelize them.

Preheat the oven to 425°. Sprinkle the pizza round with cheese, onions and asparagus. If you have sun-dried tomatoes available, these are another wonderful addition. You should soak them for a few minutes in steaming water (just enough to cover them) and then chop them into bite-sized pieces before distributing them on the pizza crust. Add a fresh herb like thyme or oregano if you have it available. If not available fresh, sprinkle dried oregano on top of the pizza. Bake the pizza according to the directions. It sometimes helps to brush the border of the pizza with olive oil for a shiny brown crust.

Vetou's Asparagus

Adapted from *A Culinary Journey in Gascony*, by Kate Hill.

Recipe provided by Donna Yee -- Thanks Donna!

From 5/05

1 tablespoon olive oil

2 oz (approx 1 strip) bacon, pancetta, or ham, chopped

1 bunch fresh spring onions, bulbs only, trimmed and cut lengthwise into halves or quarters

1 bunch green garlic, tender lower portions of stalks only, trimmed and cut lengthwise into halves, then cut into 3-inch pieces

1 bunch asparagus, peeled or trimmed, then cut into 3-inch pieces

1 fresh mint leaf

2 sprigs fresh thyme

salt and freshly ground pepper

1/2 cup white wine

(optional) 1 tablespoon butter

lemon wedges

Heat the oil in a large sauté pan over medium heat. Add the bacon, pancetta, or ham, and cook briefly until soft. Add the onions and green garlic pieces, sautéing gently until half cooked. Do not allow the onions and garlic to brown much. Add the asparagus, mint leaf, thyme, salt and pepper, and 2 tablespoons of water. Cover the pan and cook slowly over medium-low heat for 10 to 15 minutes. Check occasionally, and if necessary add a little water to prevent the vegetables from sticking to the pan.

Uncover the pan, add the wine, and continue to cook until the asparagus is tender when pierced with a fork. Taste, and add more salt or pepper if desired. Remove the vegetables to a warm serving platter. Turn the heat up to high and reduce the liquid left in the pan to 2 or 3 tablespoons, then add the butter (optional). Pour the sauce over the vegetables. Serve hot with lemon wedges.

Dru's One-Pot Asparagus Soup

From 4/02

Cook the asparagus in boiling water until it is soft. Puree it (if you have a blender wand this is really easy). Add cream (Dru has jersey cream from our cow!) Add salt and pepper to taste. You can also steam some of the asparagus tips to the side and put them in at the end so they are floating in the soup. Add garlic and thyme if you like.

Asparagus Soup with Parsley Garnish

From 4/08

2 pounds asparagus
6 cups vegetable or chicken stock or water
1 leek, or the fresh onions in your box, sliced up
1/2 pound of potatoes, chopped
Olive oil
Parsley
Crème fraîche (optional)

Cut or snap off any tough ends of the asparagus, clean and simmer the asparagus in the stock until it's cooked. Remove the asparagus. Now add the onions or leek, and the potatoes and stew them until they are very soft. Chop the asparagus, reserving the tips to garnish the finished soup. Add all but the tips to the soup pot and let the soup simmer for about 5 minutes.

Purée the soup in a blender. Add additional water if the soup is too dense. Serve the soup chilled or reheated to just below a boil, garnished with the asparagus tips, chopped parsley and crème fraîche (if you wish).

Asparagus Soup

From 4/05

Our asparagus has been growing slowly, due to the cool weather. But we hope to enjoy it well into May. One of our cooking references suggests that asparagus stalks should be stored upright in an inch of water in the refrigerator. This way they absorb moisture and stay fresh. Asparagus is so easy – you can steam or stir fry it and then serve it with a bit of lemon. Or if you want to do something fancy, try making a soup:

2 lb. Asparagus
4 to 6 tablespoons of butter
1 1/2 cups sliced leeks or 1 cup chopped onions
3 tablespoons of flour
6 cups chicken broth or water
1 egg yolk (optional)
3/4 cup light cream
salt and pepper to taste

Cut off the top 3 inches of the asparagus, trim and blanch these tips for 4 minutes. Cool, chop, and set aside. Trim the ends of the remaining asparagus and chop the stalks into 1/2-inch pieces. Melt 4 tablespoons of the butter in a 3 to 4 quart saucepan. Add the leeks or onions and cook slowly until wilted but not too browned, about 8 minutes. Stir in the raw asparagus and cook, covered, for 5 to 10 minutes. Add the broth, bring to a boil, reduce the heat, and simmer, partially covered for 30 minutes.

When the soup has cooked, purée the mixture and sieve to remove fibers. The texture should be very fine. Take half the reserved asparagus, add to the soup, and roughly purée. Beat the egg yolk and cream in a bowl and slowly whisk into it 1/2 cup of the hot soup. Whisk mixture back into the hot soup. Add a garnish of the remaining chopped asparagus and reheat without boiling. If desired, add 2 tablespoons butter as a final enrichment.

Roasted Asparagus

From 3/04

A great way to cook the asparagus is a quick roast: I enjoy combining the asparagus with leeks or fresh garlic. Slice the leeks lengthwise into skinny ribbons. Arrange them on the bottom of the roasting dish. Sprinkle a bit of olive oil, salt and balsamic vinegar on them and bake them for 10 minutes at about 400 degrees. Then add the asparagus. The leeks (or fresh garlic) take a bit longer than the asparagus. You will probably only need about 15 minutes for the asparagus to be in the oven before it is done. During the cooking period take the dish out a few times and stir the asparagus and leeks around to coat them fully with the marinade.

Asparagus New Potato Soup

From 4/09

The asparagus season is almost over. We have been able to put asparagus in the boxes every week that we have been harvesting it. We hope that you have enjoyed it! Here's a soup recipe that used several of the veggies that you have been getting in your spring boxes.

1 bunch of asparagus

6 cups of vegetable stock, light chicken stock or water

Fresh thyme and bay

Two onions

1 pound new potatoes

Olive oil

1 cup cream

Snap off any rooty ends of the asparagus and simmer it in the stock with the thyme and bay. In a deep soup pot, stew the onions and potatoes in the olive oil and a little water. When the vegetables are very soft, strain the stock into the pot and bring it to a simmer.

Chop the asparagus roughly, reserving the tips to garnish the finished soup. Add the rest of the asparagus to the soup pot. Let the soup simmer for about 5 minutes until the asparagus is just tender. Do not overcook or you will lose freshness and color. Puree the soup and pass it through a sieve into a bowl. The soup should be dense but smooth. To get the right consistency, thin with additional water or stock. Finally, add the cream.

Cut the reserved asparagus tips in half lengthwise and parboil for 1 to 2 minutes. Serve the soup garnished with the asparagus tips. It can be served chilled or heated.
