



Seasonal, Healthy, and Tasty for
Chimacum Corner Farmstand

April 2014: Antioxidant Asparagus!

Hearts of Palm, Jicama & Asparagus Salad with Maple Sriracha Pecans

The pecans are really delicious, instead of using chopped pecans, use pecan halves and serve them as snacks or with drinks or wine. I've made them for parties and people love them.

For the Pecans:

- 2 Tablespoons pure maple syrup
- 3 teaspoons Sriracha Sauce
- 1 teaspoon olive oil
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon smoked salt
- A few dashes of smoked paprika
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- A couple of dashes cayenne pepper
- 2 cups chopped pecans

For the Salad:

- 12 to 15 stalks asparagus, cut into quarters
- Olive oil spray
- Salt and pepper to taste
- 4 cups shredded cabbage
- 1/2 bulb of jicama, peeled and chopped into matchsticks
- 6 to 7 hearts of palm stalks, rinsed
- 2 tangerines, peeled and segmented

For the dressing:

- 1/4 cup sherry vinegar
- Juice of 1 lemon
- 1 to 2 teaspoons agave syrup
- Salt and pepper to taste

1. Preheat the oven to 400°. Line a baking sheet with parchment paper and set aside.
2. Prepare the dressing: Whisk the dressing ingredients together in a small bowl. Chill until ready to use.
3. Combine all the maple pecan ingredients, except the pecans, in a small bowl. Spread the pecans on the prepared baking sheet. Pour the sauce over the pecans and toss to coat. Roast for 10 minutes,

stirring halfway through. Remove from oven and set aside to cool.

4. While the pecans are in the oven, line another sheet with parchment paper. Spread the asparagus on the baking sheet and lightly spray with the olive oil. Add salt and pepper to taste and toss to coat. Roast in the oven for 10 – 15 minutes, turning once. Remove from oven and set aside to cool.

5. Meanwhile, combine the shredded cabbage, hearts of palm, jicama and tangerines in a large bowl. Add the dressing and toss until combine. Divide the salad among the serving bowl, top with the asparagus and pecans and serve.

Makes 2 main course or 4 starter servings

Worcestershire Sesame Dipping Sauce

Asparagus is my favorite vegetable and I eat it almost every day in season. I usually just snap off the hard bottom part, peel it if it's thick, toss with a little olive oil, salt and pepper and roast in a 400° oven for about 5 minutes, until tender but not too soft. Then I eat it as hot, cooled with a vinaigrette, or dip it, especially in the Worcestershire Sesame dipping sauce I've provided.

This sauce came from a restaurant in Seal Beach, CA that they served with their grilled artichoke, but Dan & I adopted it for asparagus, green beans, and of course artichokes.

- 1/2 cup mayonnaise
- 3 Tablespoons Worcestershire sauce
- 2 Tablespoons olive oil
- 2 Tablespoons Asian dark sesame oil
- 1-1/2 Tablespoons honey
- 1 Tablespoon fresh lemon juice
- 3/4 teaspoon seasoned salt

Whisk all ingredients together. Chill until cold.



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Asparagus Soup

- 2 pounds asparagus
- 6 cups vegetable stock
- Bouquet garni: 6 thyme sprigs, 6 parsley stems, 1 bay leaf, tied together
- 1 medium white or yellow onion, peeled and diced
- 1 leek, white and light green parts only, peeled and diced
- 2 medium red potatoes, peeled and diced
- 2 Tablespoons olive oil
- Chopped parsley leaves, for garnish
- Crème fraiche (optional) for garnish

Snap off the woody ends of the asparagus spears. Simmer the asparagus and bouquet garni in the stock for about 30 minutes. Discard the bouquet garni.

In a deep soup pot, stew the onions, leek and potatoes in the olive oil and about 1/2 cup water until the vegetables are very soft, about 25 minutes.

Chop the asparagus roughly. Reserve the tips to garnish the finished soup. Add the chopped asparagus to the soup pot with the stock and vegetables. Let the soup simmer for about 5 minutes, until the asparagus is tender.

To puree to the right consistency, first put the vegetables with a little of the stock in the blender, puree, then add the stock to the blender to get a dense but smooth consistency. Pass the soup through a sieve into a large bowl and add more of the stock as needed if it's too thick.

Cut the asparagus tips in half lengthwise and parboil for 1 to 2 minutes.

Serve the soup chilled, or reheat to just below a boil. Garnish with the asparagus tips, chopped parsley and crème fraiche if using.

Makes 6 to 8 Servings

Asparagus with Morels

- 1 stick unsalted butter
- 2 medium shallots, finely chopped
- 2 large garlic cloves, minced
- 1 teaspoon chopped fresh thyme
- 1 pound morels, cleaned and halved or quartered lengthwise
- 1 cup dry white wine
- 1 cup vegetable or chicken stock
- Salt and freshly ground pepper
- 1 pound asparagus, trimmed to 6 inches long
- 6 sprigs fresh thyme, for garnish

In a large skillet over medium heat, melt 6 Tablespoons of the butter. When the butter is hot but not browned, add the shallots and garlic. Sprinkle the thyme on top. Add the morels and cook until lightly browned, about 5 minutes, watching so butter does not burn.

Pour in the wine and boil until it is almost evaporated, about 5 minutes. Add the stock, stir well, and simmer until the liquid is reduced and has thickened slightly. Season lightly with salt and pepper, then swirl in the remaining 2 Tablespoons butter. (You should have about 3 cups).

Meanwhile, prepare the asparagus. If the spears are thicker than 1/2 inch in diameter, peel the bottom half of each with a vegetable peeler.

In a large skillet with a tight-fitting lid, bring 1/2 inch of water to a boil. Lay the asparagus in the pan, cover and cook vigorously just until the bottom of a stalk can be pierced easily with a sharp knife, about 4 minutes. Drain on paper towels.

Divide asparagus among 6 plates and spoon the morels across the middle of the asparagus, making sure that each serving included 1 or 2 spoonfuls of pan juices. Garnish each plate with a sprig of thyme and serve immediately.

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