

Heath Stores

H O R S M O N D E N

Ways with asparagus

There is but one way to treat asparagus and that is simply. You can blanch them but the best way to develop their flavour and really draw out their nuttiness, and keep that bite is by frying in a little oil and butter.

Asparagus combines well with a number of sauces and other foods, sheath them in palma ham or dip them in hollandaise sauce, I particularly like to drizzle some sweet garlic Benenden sauce over them. Of course the combination of asparagus and eggs in any form is delicious.

For sheer perfection you could try the following recipe:

Lightly toast a slice of sourdough bread. Gently fry the asparagus and place it on the toast. Add Palma ham (lay it on the asparagus so that the fat melts slightly and the flavour is drawn out) then add a poached egg on top with a tablespoon of Sussex Valley Hollandaise Sauce.