



MONTHLY RECIPE - MAY 2015

Grilled white asparagus, poached duck egg, wild garlic & nasturtiums



Ingredients

- 6 spears of large white asparagus
- rapeseed oil
- salt & pepper
- 2 large duck eggs
- 20ml white wine vinegar
- 1 breakfast radish
- 1 spear of green asparagus

Method

Firstly, wash the asparagus in cold salty water and then cut the bottom half inch off the spear, which is normally woody and tough.

Brush with rapeseed oil & season then cook under a medium heated grill for 10 minutes, turning every couple of minutes.

At the sametime bring a thick bottomed pan to the boil with a litre of water & the white wine vinegar, crack the eggs into two small cups or moulds, add to the boiling water and cook for 3 minutes.

To serve, simply place an egg on top of asparagus and garnish with wild garlic nasturtiums, radishes and peeled green asparagus.

Enjoy!