

LIFE'S KITCHEN

A LOVE OF FOOD &
A SENSE OF OCCASION

RECIPE OF THE MONTH - APRIL 2019

WHY DON'T YOU TRY THIS LOVELY LIGHT STARTER OR LUNCH USING SOME
FRESH BRITISH SPRING ASPARAGUS PERFECT FOR THIS TIME OF YEAR.

Serves two



INGREDIENTS

Ingredients:

4 x Slices of Parma Ham
3 x tbsp white wine vinegar
2 x eggs yolks
125g/4oz butter
Lemon juice, salt and
pepper to taste
4 x tbsp white wine vinegar
1 x Bunch English Asparagus
2 x medium free range Eggs
1 x small packet of Rocket leaves

METHOD

Preparation for Hollandaise

Put the vinegar in a small pan, Reduce the vinegar over a high heat until there is only 1 tbsp left, put the egg yolks in a food processor with the vinegar reduction.

Gently melt the butter so that the butter solids fall to the bottom of the saucepan.

Turn the food processor on and slowly pour the butter on to the egg yolks with the motor still running. The sauce will start to thicken. When only the butter solids are left, stop, if the sauce is too thick, add a little hot water.

Season to taste with salt and pepper and a little lemon juice.

Trim the woody ends from the asparagus.

In a pan of boiling salted water cook the asparagus for 3-4 mins (depending on thickness of asparagus) refresh in cold water when done,

Divide the Asparagus into two portions, then wrap each portion with two slices of Parma Ham,

In a separate pan of boiling water with 4 tbsp of vinegar and a pinch of salt, poach the eggs for 3-4 mins.

To serve place the asparagus bundle onto two plates, with one of the poached eggs, pour the hollandaise over the egg and asparagus and garnish with some rocket salad.