

KATES EASY OVEN ASPARAGUS

Ingredients (for 4 people)

1KG Fresh Asparagus (I use stems that are about 2cm thick)
Olive oil (4-5 Dessert spoons)
Salt, Pepper
Seasoning i.e. Oregano, Thyme, Paprika or Kates Mexican Mix or Kates Salad Dressing
1 Baking tray lined with re-useable Baking sheets or Greaseproof Paper

Preparation

- 1) Turn fan oven on to 180°C.
- 2) Peel Asparagus. Save the peelings and put them into a large saucepan. Cut off about 1/2 cm - 1cm of the asparagus stalk and put it into the saucepan with the peelings.
- 3) Line up the peeled asparagus on the baking tray.
- 4) Season the asparagus with salt, pepper and your other preferred spices.
- 5) Dribble 4-5 dessert spoons of olive oil over the asparagus and roll them until they are evenly covered in spices and oil.
- 6) Put asparagus in oven for ca. 20-25 minutes. (It all depends on how thick the stems are. I like mine to be a little crunchy and when they are 2cm thick they take about 20 mins.)
- 7) Get the saucepan with the asparagus peelings and ends and fill it with water until covered. Add 1/4 teaspoon salt, 1/4 teaspoon freshly ground pepper, ca. 50g butter and a little ground nutmeg. Bring to boil and simmer for 10 mins. Drain through a sieve and put liquid into tupperwares to freeze. This is perfect for making a quick and easy asparagus soup. We do need a little of the asparagus water for our hollandaise sauce.

TIP: If you are cooking asparagus this way for the first time, I would suggest that you try a little bit of the asparagus after about 18 mins. And then again after 20 mins. You can then decide if they are cooked enough for you liking.

KÜCHENSCHMIDE

