

FRIED WHITE ASPARAGUS, PARMESAN COATING AND WILD GARLIC COULIS

Ingredients (For 4 people)

- 500 g white asparagus
- 70 g butter
- 50 g Parmesan
- 50 g wild garlic
- 50 g parsley
- 100 g spinach
- 1 shallot
- 2 dl white wine
- 2 dl liquid crème fraîche
- Salt and pepper

Preparation:

Wash the herbs. Blanch them for 20 seconds in boiling water. Plunge them into iced water to stop the cooking process.

Drain and blend in a blender. Chill to reserve.

Wash and peel the asparagus with a vegetable peeler. Cook them in salted boiling water for 12-15 minutes depending on the thickness (3 X volume of water compared to the volume of asparagus).

When the asparagus is cooked, remove them using a slotted spoon. Drain.

In a frying pan, heat 50 g of butter until frothy and delicately brown the asparagus.

Sprinkle a coat of Parmesan over the asparagus.

Reserve on plates or on a serving dish.

Prepare the herb coulis: Begin to sweat the chopped shallots with 10 g of butter, then incorporate the remaining butter.

Deglaze with the white wine and add the liquid crème fraîche.

Reduce the sauce slightly before incorporating the herb purée into it.

Whisk the mixture to form the herb coulis. Season and serve immediately.

