



BRUSCHETTA WITH ASPARAGUS, ARUGULA & PARMESAN

Recipe by KATHRYN JOEL

Asparagus

Sourdough bread, sliced and grilled or toasted

Peeled garlic cloves

Extra-virgin olive oil

Arugula

Parmesan, shaved

Lemon juice

Salt, we like to use Maldon sea salt

- Bring a large pot of salted water to a boil.
- Break off the woody ends of the Asparagus, then cut the stalks into 2 cm (3/4 inch) slices, on the diagonal, reserving the tips separately.
- Blanch the asparagus stalks for about 1 minute, until just al dente. Use a slotted spoon to drain and set aside.
- Blanch the tips for a few seconds.
- Toss the blanched asparagus with olive oil, and lemon juice and salt to taste.
- Meanwhile grill or toast sliced sourdough, then rub with cut garlic while it's hot and drizzle with olive oil.
- Gently toss the asparagus with arugula, then with shaved parmesan, and arrange on the sourdough slices.

BRUSCHETTA WITH ASPARAGUS & PROSCIUTTO

Recipe by KATHRYN JOEL

Asparagus

Sourdough bread, sliced and grilled or toasted

Peeled garlic cloves

Extra-virgin olive oil

Arugula

Red wine vinegar

Prosciutto, thinly sliced

Salt, we like to use Maldon sea salt

- Bring a large pot of salted water to a boil.
- Break off the woody ends of the Asparagus, then cut the stalks into 2 cm (3/4 inch) slices, on the diagonal, reserving the tips separately.
- Blanch the asparagus stalks for about 1 minute, until just al dente. Use a slotted spoon to drain and set aside.
- Blanch the tips for a few seconds.
- Toss the blanched asparagus with olive oil, and red wine vinegar and salt to taste.
- Meanwhile grill or toast sliced sourdough, then rub with cut garlic while it's hot and drizzle with olive oil.
- Arrange prosciutto slices and dressed asparagus on the prepared sourdough.

EQUIPMENT

Cutting boards and knives

Grill, broiler or toaster for bread

Peeler for shaving parmesan

Large pot for blanching asparagus