



Asparagus with Anchovies and Lemon Dressing

Serving:

6-8

Type:

vegetarian and dairy free

Author:

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Notes:

We like to add lots of GREEN to our Passover table in celebration of it's association with new life, seasonal and spiritual renewal and early spring harvest. Enjoy these asparagus with umami loaded anchovies and bright lemon juice. Be sure to cook the stalks very briefly and plunge them into an ice bath to maintain their vivid color.

Ingredients:

2 pounds asparagus, rinsed and patted dry

4 Tb. olive oil

½ teaspoon salt

2 ounce tin of anchovies, rinsed in cold water, patted dry and chopped into a paste

4 Tb. Italian parsley, chopped

2 Tb. freshly squeezed lemon juice

Directions:

Cut off the white ends of asparagus stalks (about 1 inch). Lay the asparagus on a cutting board. Using a vegetable peeler and a very light hand, shave about about 1/3 up each stalk.

Prepare a large bowl with water and lots of ice for an ice bath.

Place asparagus in a pot that is large enough to contain them lengthwise.

Cover stalks with just enough water to submerge them, add salt and cook for 2-3 minutes. They should be crisp and slightly undercooked.

Using tongs, remove asparagus from the pot and plunge into an ice bath to stop the cooking.

In the same pot you cooked the stalks in, add olive oil and anchovy paste. Simmer slowly, stirring, until the anchovies dissolve in oil.

Add lemon juice and parsley to pot and swirl all together.

Pour dressing into a measuring cup (for easy pouring) and allow to cool for 15 minutes.

Remove asparagus from ice bath and pat dry between two towels. Place them on a serving platter.

Dress asparagus with lemon/anchovy dressing and serve at room temperature.

Decorate with lemon wedges.

Tips:

Asparagus overcook very rapidly so watch them closely once the water approaches a gentle boil. Plunging undercooked asparagus into an ice bath stops them from cooking and guarantees their vivid green hue.

This dish may be prepared 24 hours in advance. Serve at room temperature as a side or salad course.