

ASPARAGUS

Asparagus is a delicate vegetable so you need to take care when storing and preparing it.

Storing it

Use asparagus within a couple days of buying it.

Store it in the fridge. Either stand it in a glass or jar with a little bit of water in the bottom or wrap a wet paper towel around the bottom of the stalks. Be careful not to damage the tips.

If your asparagus has gone limp, soak it in cold water to perk it up.

Freezing asparagus is an easy way to create a stash for when the season is over. To freeze, blanch the spears, dry and then free-flow freeze them on a baking tray. Once frozen, put them into an airtight container.

Preparing it

To get rid of the woody end, trim the very end off the bottom of the asparagus spear then use a vegetable peeler to remove the tough outer skin (just around the base). If the spears are thin they should not need to be peeled.

Alternatively, you can snap or cut off the woody stalk if you are going to use them for something else.

Things you can do with the stalks

Slice them thinly and use them in a stir-fry or salad.

Use them in a soup or to flavour a stock.

If pickling is your thing, add them next time you pickle vegetables.

If you're not going to eat them, throw them into your compost or bokashi.

For more ideas on how to save money on your food shopping go to lovefoodhatewaste.co.nz





SERVES

4

Asparagus Stalk Soup

4 cups of asparagus stalks
30g (2 tbsp) butter
1 leek, finely sliced (including the green part)
1 potato, peeled and chopped

1 clove garlic, crushed
 $\frac{1}{2}$ cup white wine
1 litre chicken stock
 $\frac{1}{4}$ cup cream

Melt the butter in a pot.

Add the garlic and leek and cook until soft.

Add the white wine and cook until the wine has reduced by half.

Add the potato, asparagus and stock and simmer until the vegetables are tender.

Allow the mixture to cool, then blitz it in a blender until smooth.

Add the cream and then re-heat, but be careful not to boil it.

Season and serve with sprigs of dill or sage leaves.

TIP: You may need to strain the soup through a sieve before you add the cream to remove any stringy, fibrous material that did not blend.

RECIPE COURTESY OF

