



**ASPARAGUS RECIPE
BOOKLET**

ASPARAGUS WITH CREAMY AVOCADO DRESSING

Welsh Bros Asparagus coated with a luscious and creamy goat cheese infused avocado dressing. You're drooling on your keyboard - am I right?

2	Bunches	Welsh Bros Asparagus
1	Large	Avocado
1	Cup	Whole milk mixed with 1 Tbsp Lemon juice
1/3	Cup	Goat cheese
2	Tbsp	Chopped basil
2	Tbsp	Chopped chives
1	Tbsp	White wine vinegar
2	tsp	Honey
½	tsp	Sea salt
¼	tsp	White pepper

Break off the woody ends of the asparagus.

We like to boil the asparagus until crisp-tender for this recipe. Prepare an ice bath. Add the asparagus to a large pot of salted boiling water and cook for 2-4 minutes until al dente. The cooking time will vary based on the thickness of the asparagus that you're using. When the asparagus reach your desired "doneness" drain and immediately plunge them into the ice bath to halt the cooking process.

In a blender combine the avocado, milk-lemon juice mixture, goat cheese, herbs, vinegar, honey, and salt and pepper. Blend until very creamy.

Arrange the asparagus on a platter and drape with the creamy avocado dressing. Garnish with a bit of chopped basil and chives if you want to get fancy.

ASPARAGUS PASTA SALAD

2 Cups Rotini Pasta
2 Bunches Welsh Bros Asparagus
½ Cup Diced Cucumber
½ Cup Diced Sweet (or green) Onion
1 Stalk Celery – diced
2 Cups Cubed Cheddar Cheese
¼ Cup Olive Oil
¼ Cup White Vinegar
½ tsp Garlic Powder
½ tsp Dried Parsley
¼ tsp Dried Basil
Salt & Pepper to taste

Bring a large pot of salted water to a boil and cook pasta according to package directions.

Break off the woody ends of the asparagus – and let your mood dictate how you want to cook them. Grilled, roasted, steamed...the choices are seemingly endless. Either method - cook until crisp-tender. Slice into 2” pieces and place in a large bowl.

Drain the pasta well and add it to the bowl with the asparagus.

Add the remaining ingredients to the bowl and mix well.

BONUS: this salad is just as good cold as it is warm!

BEER BATTERED ASPARAGUS WITH CHIPOTLE MAYO

We had you at beer – didn't we?

2 Bunches Welsh Bros Asparagus

Batter:

1-1/2	Cup	All purpose flour - separated
½	Cup	Corn starch
1	Tbsp	Baking powder
1-1/2	tsp	Sea salt
1	tsp	Paprika
2	Cups	Beer (we love to use Meuse Brewery's Saison de la Meuse - Farmhouse Blond Ale)

Chipotle Mayo:

1	Cup	Mayonnaise
2	Tbsp	Minced chipotle in adobo
2	tsp	Lime juice
½	tsp	Sea salt

Canola or vegetable oil for frying

Break off the woody ends of the asparagus and rinse under warm water. Leave to dry slightly – but leave them a little damp.

Mix 1 Cup of the flour and the remaining batter ingredients in a large bowl and whisk together well. Let rest for 15 minutes.

While the batter is resting, prepare the chipotle mayo. Place the mayo, minced chipotle pepper, lime juice, and sea salt in a bowl and whisk to combine.

Heat 1" of oil in a large, deep skillet to a temperature of 350°.

Place the remaining ½ Cup of flour in a large bowl and add the trimmed asparagus. Toss together so the asparagus are lightly coated. Once the oil reaches 350° remove a spear and dip it into the wet batter. Let any excess batter drip off and gently place the battered spear in the oil. Repeat with remaining spears – but do not crowd the pan.

Fry until crisp and golden – about 2-3 minutes. Remove to a paper towel lined plate and sprinkle with sea salt.

Serve with the chipotle mayo on the side.

SIMPLY GRILLED ASPARAGUS

You can use asparagus of any thickness for this recipe...but, for us...Welsh Bros Jumbo Grillers are the perfect choice. Start the char!

1	Bunch	Welsh Bros Asparagus
2	Tbsp	Olive oil
To Taste		Sea salt

Break off the woody ends of the asparagus. Preheat the bar-b to medium-high.

Place the asparagus in a large bowl and drizzle the olive oil over top. Toss to evenly coat the asparagus. Sprinkle with sea salt.

Grilled asparagus hack: place a lightly oiled piece of aluminum foil under the tips of the asparagus when grilling. This'll keep them from charring while the stalks are grilling.

Once the grill is hot, add the asparagus. Grill for about 8 minutes until nicely grill marked and crisp-tender.

Remove to a platter and sprinkle again with sea salt.

ASPARAGUS WITH ORANGE AND PARMESAN

What a combo! The earthy sweetness of Welsh Bros Asparagus, the bright citrus notes of orange, and the savory richness of parmesan cheese...it's like a dance party in your mouth! Make this when the mother-in-law comes to visit. She'll be dazzled!

2	Bunches	Welsh Bros Asparagus
2	Tbsp	Olive oil
2	Large	Navel oranges
3	Tbsp	Minced sweet onion
2	Tbsp	White wine vinegar
1	Tbsp	Lemon juice
1	tsp	Dijon mustard
¼	tsp	Sea salt
¼	tsp	Coarse black pepper
¼	Cup	Olive oil
½	Cup	Grated parmesan cheese

Break off the woody ends of the asparagus.

Zest one of the oranges and set the zest aside until needed. Juice both of the oranges and place the juice in a small pot over medium heat. Cook until the juice has reduced by half.

Mince the sweet onion and place in a small bowl with the vinegar and lemon juice. Let marinate for 10 minutes then drain the sweet onion (and discard the marinade).

Combine the reduced orange juice, the reserved orange zest, the Dijon mustard, the drained sweet onion, and the salt and pepper in a bowl. Whisk together and slowly drizzle in the olive oil - whisking constantly until the dressing has emulsified.

You can prepare the asparagus any way that works for you for this recipe. We like them grilled on the bar-b. Preheat your bar-b or grill pan. Combine the asparagus and olive oil (and a pinch of salt and pepper) in a bowl. Once the grill is hot - get grilling!

The grilling time will vary depending on the thickness of your asparagus. We love to use Welsh Bros JUMBO GRILLERS for this recipe.

Plate the grilled asparagus and drizzle the dressing over top. Sprinkle on the parmesan cheese and wait for mama-in-law to ask for the recipe.

QUICK PICKLED ASPARAGUS SALAD

A “farm-chic” twist on salad that’s the perfect blend of bright, tangy flavours and crisp textures. We like to use Welsh Bros Extra Fine Asparagus straight up for this salad. If you’re using a thicker asparagus, you’ll want to boil them in lightly salted water for 2-4 minutes (depending on the thickness of your asparagus). You’re going for “crisp-tender”. Once you achieve your desired texture – drain and immediately plunge the asparagus into an ice bath to stop the cooking.

2 Bunches Welsh Bros Asparagus – trimmed and cut into 2” pieces.

Note: not that we’re overly obsessed or anything – but when cooking asparagus pieces we like to cook the tips separately, ‘cause, you know, the tips cook faster than the stalks.

½	Cup	Apple Cider Vinegar
¼	Cup	Olive Oil
1	Tbsp + 1 tsp	Honey
2	tsp	Dijon mustard
½	tsp	Sea salt
½	tsp	Coarse black pepper
Mixed arugula & spinach – or your favourite greens		
2	Stalks	Celery – sliced in ¼” diagonals
¼	Cup	Chopped roasted red pepper
2	Tbsps	Slivered almonds

Break off the woody ends of the asparagus and cut into 2” pieces.

In a jar combine the vinegar, olive oil, honey, mustard, salt, and pepper. Put the lid on and shake, shake, shake, until the dressing has emulsified. Taste and adjust seasoning if needed.

Place the asparagus in a large bowl and add the dressing. Let rest at room temperature for 30 minutes.

Add the mixed greens, celery, and roasted red pepper to the bowl. Toss together well and sprinkle with the slivered almonds.

MAPLE, GARLIC, LEMON ROASTED ASPARAGUS

2 Bunches Welsh Bros. Asparagus - trimmed
3 Tbsp Maple syrup
3 Cloves garlic - minced
1 Lemon - sliced in 1/8" thick slices
2 Tbsp Olive oil
Juice of 1 Lemon
¼ tsp Sea salt
¼ tsp Ground black pepper

Preheat oven to 375°F.

Trim, wash and dry asparagus. Place in a large bowl and add the maple syrup, olive oil, garlic and lemon juice. Mix gently well until all spears are coated.

Place the spears on a lined sheet pan in a single layer. Drizzle with any remaining liquid from the bowl. Sprinkle with the salt and pepper. Top with the lemon slices.

Roast for 10-15 minutes until asparagus are slightly softened. (You still want to keep some "bite" in the asparagus.)

Plate and serve immediately.

Serves 6.

SIMPLY SAUTEED ASPARAGUS

Crisp-tender sauteed asparagus. Ain't a whole lot that shouts "SPRING IS HERE" louder than Welsh Bros Asparagus.

2	Bunches	Welsh Bros Asparagus
1/3	Cup	Butter (about 5-1/2 tablespoons)
6	Cloves	Garlic - finely chopped
To Taste		Salt and Pepper

Melt the butter in a large skillet over medium heat. You want the asparagus to be no more than 2 layers deep in the skillet. Prepare in batches if overcrowding occurs.

Add the garlic to the melted butter and sauté for 2 minutes. Break off the woody ends of the asparagus. Add the asparagus spears to the skillet and cover with a lid. Cook for 8-10 minutes or until the asparagus is "tender-crisp". Stir them up every couple of minutes. You'll know when they're ready when the tip of a knife meets only a bit of resistance when you pierce the stalks.

(If you're preparing the asparagus in batches keep batch #1 in a 200° oven until batch #2 is ready.)

Load up a large platter with the asparagus - drizzling any remaining garlic butter from the skillet over top. Sprinkle with sea salt and fresh ground pepper. Serve.