

# GET CREATIVE WITH... ASPARAGUS

EVERY CHEF HAS THEIR CREATIVE CHALLENGES. ARE YOU LOOKING FOR A FRESH COMPONENT TO COMPLETE YOUR DISH? DO YOU WANT TO GIVE ONE OF YOUR MOST POPULAR STARTERS A UNIQUE TWIST? HAVE YOU BEEN TASKED WITH DEVELOPING A THREE-COURSE VEGETARIAN MENU? OR... THE QUESTION WE ASK OURSELVES IN THIS ARTICLE: WHAT COOKING TECHNIQUES CAN WE USE TO PREPARE ASPARAGUS, TO SERVE THEM IN A MORE CREATIVE WAY? TOGETHER WITH GASTRONOMIXS.COM, WE SHOW YOU WHAT YOU CAN DO WITH THIS BEAUTIFUL INGREDIENT!



Asparagus balloon



Asparagus mousse from a siphon



Raw asparagus juice foam



White asparagus tips cooked en papillote

‘Just as you use the best quality knives and other equipment, Gastronomixs is an advanced tool for your brain.’

### BUILDING BLOCKS FOR ENDLESS CULINARY CREATIONS

Gastronomixs.com is an advanced tool for your brain by providing thousands of recipes - called components. These are not dishes but preparations of one single ingredient, which you can see as culinary building blocks. As a chef, you love your profession and are driven by your passion for cooking. However, like many of your colleagues, you are also busy doing all sorts of jobs that have very little to do with cooking at all... If you scarcely have any time to experiment with new recipes, want to stay ahead in your profession, and want to keep stimulating your creativity, then Gastronomixs is the answer!

### INGREDIENT IS ALWAYS KEY

Without high quality ingredients, you can't make great tasting dishes. To prepare an ingredient in the best way possible, you should know

how it grows, when it's in season, what the structure is, what the basic techniques are for preparing it and what the flavours are that combine with it. New insights can bring out the best in simple products. Due to their high chlorophyll content, green asparagus have a stronger flavour and contain more vitamin C than white asparagus. White asparagus grow underground and are deprived of light. Green asparagus, on the other hand, are exposed to sunlight. Basic techniques include: frying, roasting, blanching, steaming, deep-frying, cooking en papillote, glazing, grilling, marinating, stir-frying, smoking. Taste combinations include: smoked lamb, lamb chop, Parma ham, lobster, red mullet, sea bass, poached egg, young goat's cheese, Parmesan, Pecorino, grilled potato, risotto, artichoke, tarragon, lemon thyme, almond, butter.

## FACTS ABOUT ASPARAGUS

- It takes 3 years from seed to harvest. After that, asparagus plants can be cropped each spring for 15 years or more.
- Asparagus is related to onions, leeks, and garlic.
- Everyone makes "asparagus pee," but not everyone can smell it. According to scientists, it takes a special gene to detect the smell, of which only 25 percent of the population have.
- The United States ranks fifth in asparagus production, with about 14,400 hectares, virtually all of which is in California, Washington and Michigan.
- Beginning in mid-April, the fun abruptly stops on June 24th in e.g. The Netherlands and Germany. According to tradition the springtime vegetable, disappears in the fires of St. John the Baptist's day (June 24th) - the first heat of summer.
- Asparagus has a short shelf-life and only very young asparagus is eaten.
- White asparagus is one of the most labor-intensive vegetables to grow. Every spear is hand-picked just as the tip begins to show through the surface of the soil.
- White asparagus turns pink when exposed to sunlight, though there is currently no market for this colour of asparagus.
- White asparagus comes from the same plant as green asparagus, but it is grown underground to block sunlight and prevent photosynthesis, thus inhibiting production of chlorophyll.
- Asparagus historically was heralded as an aphrodisiac, probably because of its shape.
- Asparagus contains absolutely no fat or cholesterol - so perfect if you're trying to lose some weight for the summer; -)



# TURKISH-STYLE LAMB CHOPS, CRUNCHY ASPARAGUS WITH SUMAC, CONFIT POTATO, AND CAÇIK FOAM



## CRUNCHY ASPARAGUS WITH SUMAC

### INGREDIENTS

- classic cooked asparagus
- zest of 1 lime
- 2 g chilli powder
- 2 g fennel seeds, roasted and crushed
- 8 g sumac
- 200 g panko (Japanese breadcrumbs)
- 200 g flour
- 200 ml egg white

### PREPARATION METHOD

- Mix the lime zest with the chilli powder, fennel seeds, sumac, and panko.
- Pat the asparagus dry and roll the bottom halves through the flour.
- Then roll the same halves through the egg white and the panko.
- Thread the asparagus onto a skewer so that the breaded part is precisely aligned with the frying fat. This makes it easier to hang the asparagus on the deep-frying pan.
- Deep-fry in peanut oil at 180°C until golden brown.

### SERVING SUGGESTIONS

- As a vegetable dish, e.g. with a tangy mayonnaise full of citrus aromas.
- As a vegetable garnish.
- As a component in a dish with lamb and other Turkish flavours.

Crunchy asparagus with sumac

Lamb chops pan-fried in butter

Confit potato slices

Caçik

If you are curious to discover how Gastronomixs can inspire you, you can take out a **free two-week account** to give the platform a decent test-drive! More than 26,000 chefs are already using this online tool which contains thousands of recipes from cuisines from around the world. **Go to [Gastronomixs.com](https://www.gastronomixs.com)** and be inspired!