

Simple Sautéed Asparagus

Yields: about 6 portions

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Ingredients

A 1 ½ pound bunch of asparagus spears

4-6 garlic cloves

1 sliced shallot

2-3 tbsp olive oil

Water (as needed)

Tools Needed- a chef's knife & cutting board, a large 12" to 14" skillet, a large rubber spatula or wooden spoon, a large 4-6 qt pot (for blanching), a large bowl, a strainer or colander & about 2 cups of ice

Spices- Season to taste with salt, pepper, granulated garlic & a pinch of crushed red pepper flakes

Method & Procedure

Preparation

- Let's begin with the blanching process
- Fill the large pot with water & bring it to a rolling boil
- In the meantime, you can prep the asparagus & get your ice water bowl ready
- Rinse the asparagus in cold water

Trim the spears- Trim off about 1 ½ inches of the spears from the bottom. This can be done easily by keeping the rubber band on them before cutting. If you feel this may be removing too much, simply remove one spear from the bundle. Gently bend it where it naturally snaps. Now, you can use this spear as a guide to cut the others. Why are we cutting them? Well, the ends of the asparagus spears are quite stringy, woody & unpleasant to eat.

- Fill the large bowl with the ice & water
- Slice or mince the fresh garlic & set it aside
- Peel & slice the shallot into about ¼ inch rings & set aside

Blanch, Shock & Sauté

- By now, the water should be boiling
- Place the cleaned & trimmed asparagus spears into the boiling water
- Allow them to remain in the hot water only until they become a bright, vivid green. This may take about 30 to 40 seconds.
- Strain the asparagus over the sink in the colander
- Immediately add the blanched asparagus to the ice water. This process is called shocking. It will instantly stop the cooking & lock in that bright green color.
- Once the asparagus is cold, return it to the strainer & set it aside

This entire process sounds long winded but will only take about 10 minutes.

Preheat your large skillet over medium high heat

- Once hot, add a few drizzles of olive oil & the blanched asparagus
- Season it to taste with salt, pepper & a pinch of crushed red pepper flakes
- Sautee it on high heat for about one minute
- Add the sliced garlic, shallots & another little drizzle of oil
- Gently move the asparagus around in the pan until the garlic begins to become fragrant & golden
- Turn off the heat & serve

This would be a great side to accompany nearly any dish. It would be a perfect pair for the brown sugar bourbon hens.

