

A springtime favorite

Asparagus prosciutto rolls a great starter

It's spring and it's the season for asparagus, fiddleheads, rhubarb, lamb, new potatoes, chives and warming up the barbecue.

Over the next few weeks, Gerry and I will be concentrating on barbecue recipes, techniques, tips and recipes using other spring products. Today's recipe features asparagus—one of Gerry's favorites.

When preparing the asparagus for cooking, break off the end at its natural break rather than cutting it with a knife, this will ensure that you are going to eat the most tender part of the vegetable. It is important that when the asparagus is cooked that it is

What's
cookin'

Lori and
Gerry Kentner



only cooked gently. A couple of minutes in boiling water is sufficient.

Use a frying pan or roasting pan so that the asparagus can lay flat. When it is finished cooking, run the asparagus under cold water briefly to stop the cooking process. You should be able to

pick one stalk up and not have it hanging limply over your hand. It should stand up straight.

Prosciutto is a fine quality raw ham which originated in Parma, Italy (it is also known as Parma ham). Hams are rubbed with a special mixture, then rested for some days before the process is repeated. After maturing, the hams are pressed, steamed and rubbed with pepper.

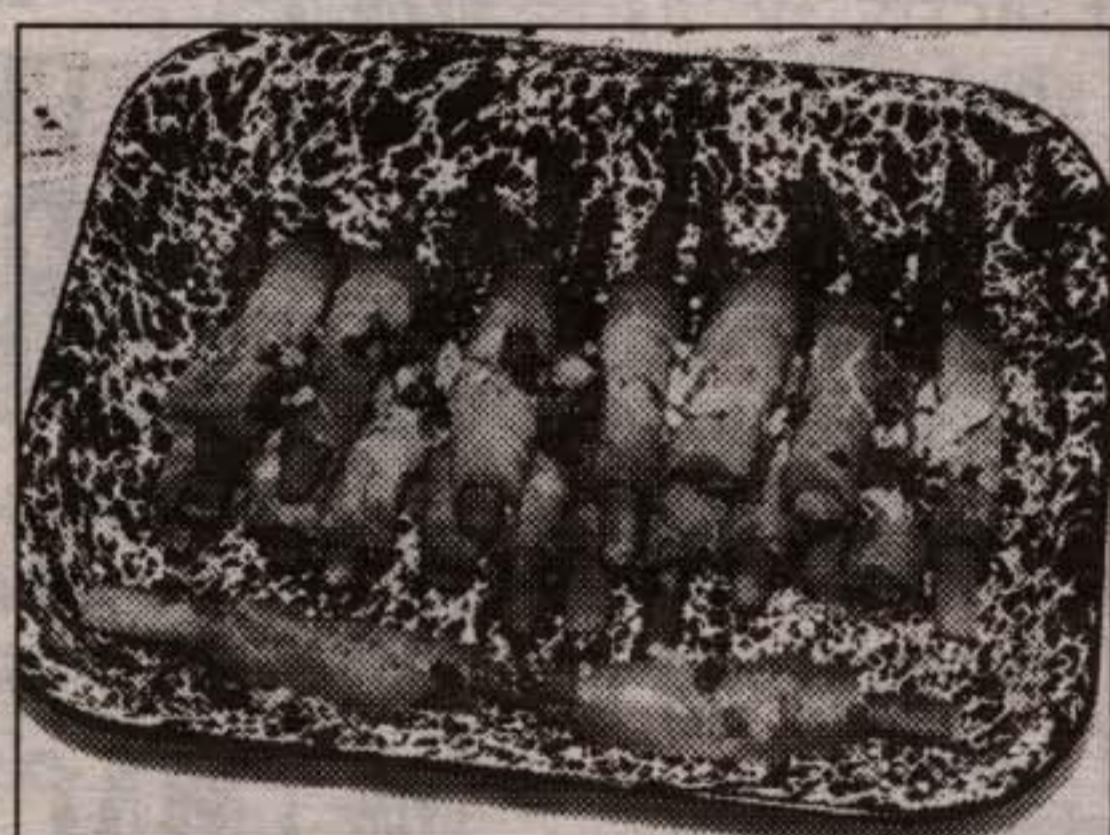
Raw ham (like prosciutto) is often served at the beginning of a meal as a dish by itself, sometimes with a slice of melon. It is always cut wafer-thin and is extremely delicate in taste.

Have fun and keep cooking!

Asparagus prosciutto rolls

Ingredients:

- 18 asparagus stalks
- 1/4 cup olive oil
- 1 tbsp red wine vinegar
- 1/2 tsp dijon
- 1 clove garlic, crushed
- 1 tbsp fresh chives, minced
- salt and pepper
- 18 thin slices prosciutto (or 9 slices if they are really wide, they can be cut in half)
- 9 tbsp cream cheese or goat



- cheese
- chopped Italian parsley

Method:

1. Break asparagus at natural break. Bring water to a boil in a

shallow pan and add asparagus. Cook 2 minutes. Refresh under cold water and drain.

2. In a mixing bowl, combine oil, vinegar, mustard, garlic. Add chives, salt and pepper.

3. Spread each piece of prosciutto with 1/2 tsp cream cheese. Roll one asparagus stalk in prosciutto, leaving tip exposed.

4. Arrange on a platter and top with vinaigrette and chopped parsley.

Note: For a quick method, just spread cream cheese on prosciutto and roll up asparagus, omitting the vinaigrette.



Members of Halton Hills Quilters Guild recently donated quilted placemats guild members made to the Meals on Wheels program. On hand for the donation of the placemats were, from left, quilters Kay Trower, Norma Jean Smith and Shirley McCracken. Meals on Wheels volunteers Norma Thompson and Floria McNally (at right) accepted the donation. Photo by Lisa Tallyn

Meals on Wheels available

Halton Hills Community Support and Information offers a Meals on Wheels program, where seniors and the disabled, as well as those unable to prepare a meal due to health reasons, can have a meal delivered to their door.

Hot meals are available Monday to Friday (with the option of multiple meals for evenings and weekends) and are delivered by caring volunteers.

The meal consists of soup with crackers, an entree, bread and dessert. A variety of meals are served and can be geared toward individual dietary needs, likes and dislikes. The cost for each meal is \$3.50.

Frozen gourmet meals by private recipes are now available on a weekly, bi-weekly or monthly basis. A variety of meals including entrees, soups and desserts are available. For more information or to order meals, please call Halton Hills Community Support and Information at 853-3310 (Acton) or 873-6502 (Georgetown).

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CORRECTION NOTICE

The Georgetown Toyota advertisement in Wed. April 14th edition, should have read only \$2500 down on the Camry CE not \$1950.

The Independent & Free Press regrets any inconvenience this may have caused.

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