

RECIPE FILE

Ontario asparagus stars in frittatas

To the naked consumer eye, all varieties of asparagus grown in the province are similar and deliver a just-picked flavour.

Ontario asparagus signals the arrival of spring when we get busier, thankfully replacing snow shovelling with gardening and yardwork.

Keep dinner simple and fresh with Ontario Asparagus Frittata — an open-faced omelette loaded with delicious green spears.

Ontario Asparagus Frittata

An easy brunch, lunch or dinner recipe, Ontario Asparagus Frittata is fresh and elegant.

- 4 large eggs;
- 2 large egg whites;
- 1/2 cup (125 ml) milk;
- 1/4 tsp. (1 ml) dried thyme;
- 1 lb. (500 g) Ontario asparagus spears, steamed;
- 2 tbsp. (25 ml) butter;
- 1 cup (250 ml) Gruyere cheese, shredded;
- 2 tbsp. (25 ml) finely chopped fresh parsley;
- Salt and pepper to taste;

Directions: In a medium bowl, whisk together eggs, egg whites, milk and thyme. Set aside. Cut steamed asparagus spears in half and set aside. Heat butter over medium-high until melted and frothy in a medium-size frying pan. Add egg mixture and lower heat to medium. Cook eggs until slightly firm around edges.

In another bowl mix together cheese, parsley and salt and pepper to taste. Sprinkle 3/4 cup (175 ml) cheese mixture over eggs. Arrange asparagus spears attractively on top of cheese. Place remaining cheese mixture in centre of frittata. Remove from heat and place under a pre-heated broiler for about 5 min. or until frittata is puffy and no longer wet-looking. Serves 4.

Ontario Asparagus Rarebit with Goat Cheese

A tast and trendy main course that needs only a crisp salad with it to provide a complete meal for 6 to 8.

- 2 tbsp. (25 ml) butter;
- 2 tbsp. (25 ml) flour;
- 1 cup (250 ml) beer;
- 1 cup (250 ml) soft goat cheese;
- 1/2 tsp. (2 ml) dried mustard;
- a few drops hot pepper sauce;
- 1 1/2 lb. (750g) Ontario asparagus, steamed;
- 8 slices prebaked bread or one prebaked pizza shell;
- 1/4 cup (50 ml) grated Parmesan cheese;

Directions: In medium saucepan, melt butter. Add flour and stir over

medium heat until flour mixture is chalky in consistency. Add beer a little at a time and, using a whisk, stir out all the lumps. When sauce is smooth, add goat cheese in small pieces. When smooth, add mustard and hot pepper sauce. Taste and adjust seasoning.

Place bread on a baking sheet, arrange asparagus on bread and pour equal quantities of cheese sauce on each slice. Bake in 350F (180C) oven for 10 to 15 mins. or until bottom of bread is slightly toasted and cheese sauce is golden brown on top. Serves 6 to 8 people.



From mid-May to June, dinner couldn't be easier or fresher with an Ontario Asparagus Frittata — an open-faced omelette loaded with delicate green spears topped with cheese and on the table in under half an hour.

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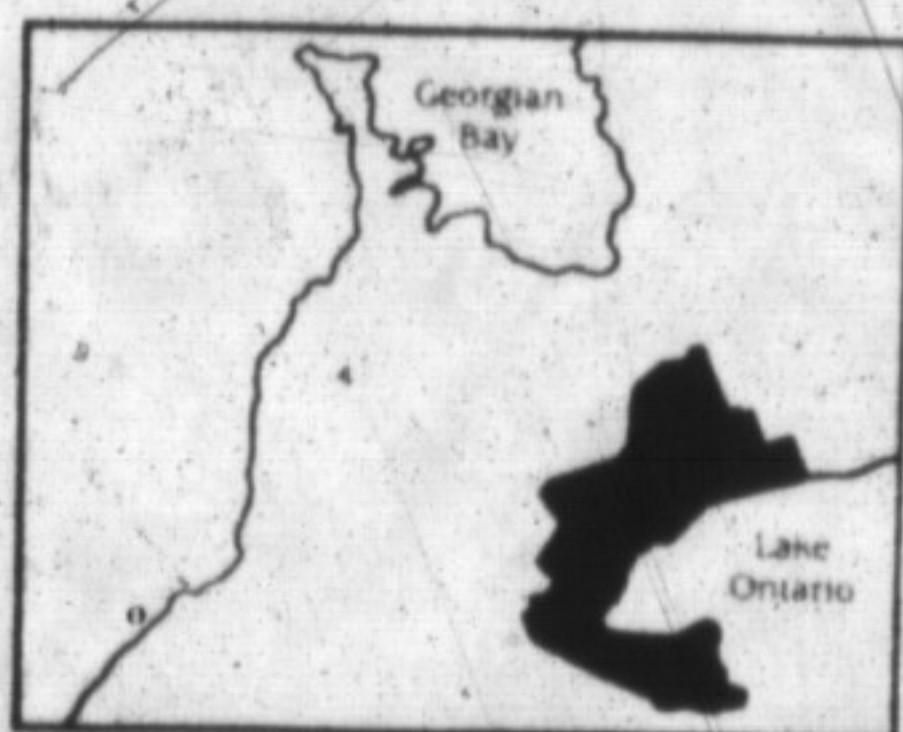


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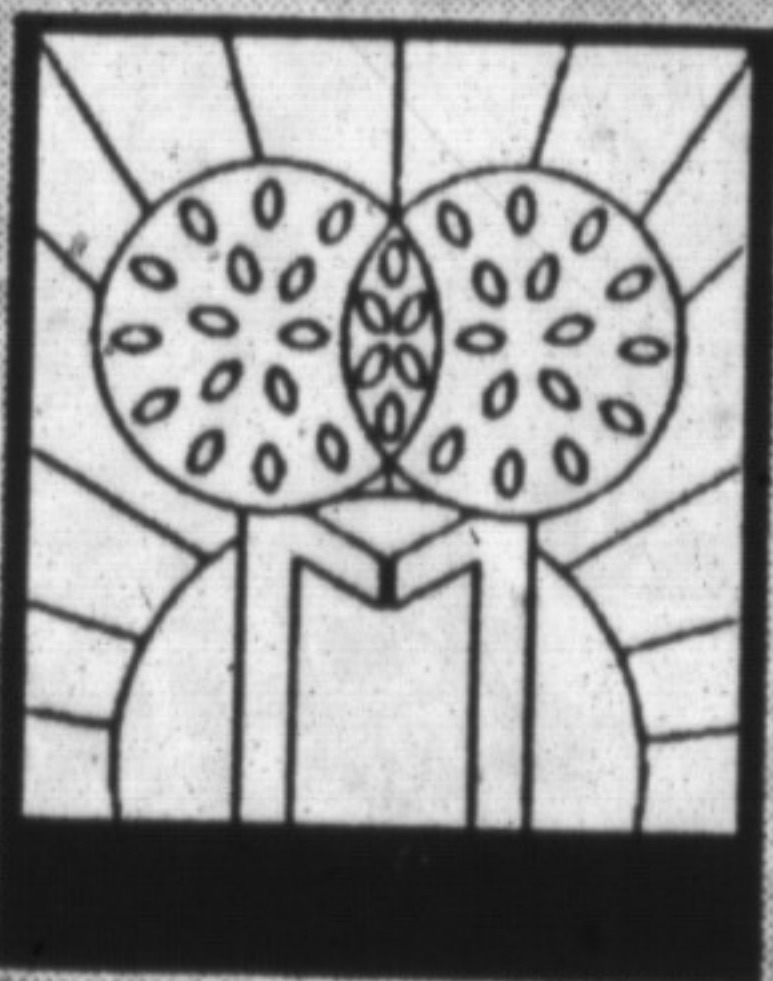


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