

# **ASPARAGUS, BASIL, TOMATO, PROSCIUTTO, BUFFALO MOZZARELLA SALAD WITH POMEGRANITE DRESSING**

## **EQUIPMENT**

LARGE MIXING BOWL, CHEF KNIFE, SMALL MIXING BOWL, SPOONS

## **INGREDIENTS**

8 ASPARAGUS SPEARS, 1 BUNCH BASIL, 1 BUFFALO MOZZARELLA  
3-4 SLICES PARMA PROSCIUTTO, 6-8 SMALL TOMATOES, 50GM OLIVE OIL,  
30GM POMEGRANATE MOLASSES, SEA SALT

## **METHOD**

SNAP THE “WOODY” ENDS FROM THE ASPARAGUS AND PLACE ON A PERFORATED TRAY, PLACE IN A PRE-HEATED OVEN STEAM SETTING 80 DEGREES FOR 7 MINS

IN A SMALL BOWL POUR IN OLIVE OIL AND POMEGRANATE MOLASSES AND STIR WELL UNTIL THE POMEGRANATE BEGINS TO “SPLIT” THROUGH THE OIL

PICK THE BASIL LEAVES AND PLACE THEM IN A LARGE MIXING BOWL, SLICE THE TOMATOES INTO VARIOUS SHAPES AND SIZES AND ADD TO THE BASIL

TEAR THE PROSCIUTTO INTO STRIPS AND ADD TO THE BOWL, ALSO TEAR THE MOZZARELLA INTO BITE SIZE PIECES AND ADD ALSO

DRESS THE SALAD WITH HALF THE DRESSING AND SET ASIDE

ONCE COOKED REMOVE THE ASPARAGUS FROM THE OVEN AND ADD TO THE OTHER SALAD INGREDIENTS

SEASON THE SALAD LIGHTLY WITH SALT AND SPOON OVER THE DRESSING  
TOSS THE SALAD WELL AND PLACE IN TO A LARGE SERVING DISH, FINISH WITH A FINAL DRIZZLE OF DRESSING

## **HINTS & TIPS**

- THIS SALAD TAKES ADVANTAGE OF ALL THAT’S GOOD IN SPRING, WEATHER YOU USE ASPARAGUS OR ANY OTHER VEGETABLE FRESH AND SEASONAL WILL ALWAYS GIVE YOU GREAT RESULTS
- GIVEN THE COLOURS THIS SALAD BRINGS CONSIDER IT FOR YOUR CHRISTMAS LUNCH OR DINNER, ONCE YOUR FAMILY HAS IT THEY WILL BE REQUESTING IT OFTEN
- WHEN MAKING BIG SHARING SALADS TRY FOR DIFFERENT TEMPERATURE PROFILES, MIX HOT AND COLD OR WARM AND COLD IT CREATES ANOTHER LAYER OF INTEREST TO YOUR SALADS AND CAN ENHANCE THE ENTIRE FLAVOUR AS WELL AS INDIVIDUAL FLAVOUR COMPONENTS OF YOUR DISHES