

PURPLE ASPARAGUS, BROAD BEAN, DUCK EGG, LABNEH & TARRAGON DRESSING

EQUIPMENT

PERFORATED BAKING TRAY, CHEF'S KNIFE, MIXING BOWLS, SPOONS, ICE

INGREDIENTS

6-8 PURPLE ASPARAGUS SPEARS, 6 BROAD BEANS, 3 DUCK EGGS, ¼ BUNCH FRENCH TARRAGON,
50GM LABNEH, 20GM VERJUICE, 40-50GM EXTRA VIRGIN OLIVE OIL, SALT FLAKES

METHOD

TO BEGIN: PLACE THE EGGS IN THE CARTON ONTO A PERFORATED BAKING TRAY. REMOVE THE BROAD BEANS FROM THE PODS AND PLACE THEM ONTO THE SAME TRAY AND INTO A PRE-HEATED OVEN STEAM SETTING 100°C FOR 5 MINUTES.

WHILE THE BEANS COOK FILL A SMALL MIXING BOWL WITH ICE AND WATER.

SNAP THE "WOODY" END FROM THE ASPARAGUS AND SHAVE THE ENDS WITH A SHARP KNIFE TO A NEAT POINT AND SET ASIDE.

PICK THE TARRAGON LEAVES AND RESERVE A FEW WHOLE LEAVES TO USE AS GARNISH, FINELY CHOP THE REMAINING TARRAGON AND PLACE IT IN A MIXING BOWL WITH VERJUICE A PINCH OF SALT AND EXTRA VIRGIN OLIVE OIL, MIX ALL THE INGREDIENTS TOGETHER AND SET ASIDE.

ONCE THE TIMER GOES OFF REMOVE THE BEANS AND PLACE THEM IN THE ICED WATER TO COOL. RETURN THE EGGS TO THE OVEN FOR A FURTHER 10 MINUTES.

ONCE THE BEANS HAVE CHILLED PEEL THE OUTER SKIN FROM THE BEANS AND PLACE THE PEELED BEANS INTO THE BOWL WITH THE DRESSING.

ONCE COOKED REMOVE THE EGGS FROM THE OVEN AND PLUNGE THEM BRIEFLY INTO COLD WATER. PLACE THE ASPARAGUS ONTO THE SAME PERFORATED TRAY AND INTO THE OVEN STEAM SETTING 100°C FOR 5 MINUTES.

WHILE THE ASPARAGUS COOKS PEEL THE EGGS AND CUT THEM IN HALF AND SET ASIDE.

ONCE STEAMED REMOVE THE ASPARAGUS AND PLACE THE SPEARS ON A SERVING PLATTER, SEASON THE ASPARAGUS WITH A LITTLE SALT.

ARRANGE THE CUT EGGS ON AND AROUND THE ASPARAGUS AND SPOON OVER THE LABNEH. SPOON OVER THE BROAD BEANS AND DRESSING OVER ALL THE OTHER INGREDIENTS AND FINISH WITH RESERVED TARRAGON LEAVES AND SERVE.

HINTS & TIPS

- WHEN PURPLE ASPARAGUS IS RAW IT IS A DEEP PURPLE COLOUR BUT ONCE COOKED IT TRANSFORMS TO A DEEP GREEN COLOUR, SLIGHTLY DIFFERENT TO THE VIVID GREEN OF STANDARD ASPARAGUS.

- LABNEH IS ALSO KNOWN AS YOGHURT CHEESE. YOU CAN MAKE YOUR OWN BY PLACING SOME NATURAL YOGHURT IN CHEESECLOTH AND HANGING IT IN THE FRIDGE OVER NIGHT. THIS REMOVES ALL THE WHEY AND LEAVES YOU WITH A VERY THICK BUT SOFT CHEESE TYPE YOGHURT.

- LABNEH CAN ALSO BE FOUND AT ANY GOOD MIDDLE EASTERN SUPPLIER.