

Asparagus, Over the Moon Organic Feta, Macadamia Crumble & Verjuice Dressing



At Must I only use the largest asparagus spears, they are the most tender and impressive on the plate. I designed this dish for a Great Southern Slow Food lunch and it's been on our menus (during asparagus season) ever since.

24 large asparagus spears

150 g Over the Moon organic fetta

Dressing

75 ml verjuice

150 ml good extra virgin olive oil

Sea salt & freshly ground black pepper

Macadamia Crumble

150 ml good extra virgin olive oil

2 garlic cloves

100 g Japanese breadcrumbs

150 g unsalted macadamia nuts, coarsely crushed

A few sprigs of fresh thyme

SERVES 6

First make the dressing. Whisk the verjuice and the olive oil together and season.

Crumble the feta into small pieces and keep in a bowl until you are ready to put the dish together.

Heat the olive oil in frying pan over medium heat flame, smash the garlic cloves with the back of a knife and add to the oil; cook for 30 seconds.

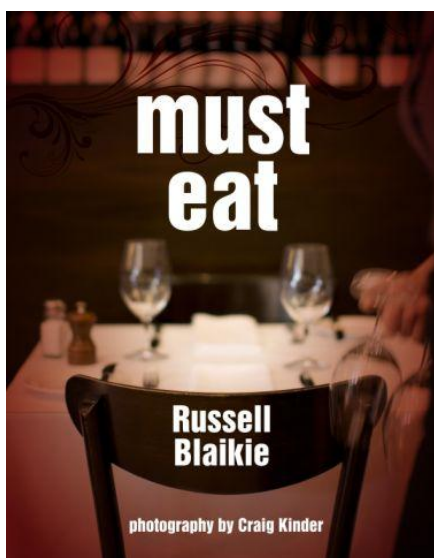
Toss in the Japanese breadcrumbs and macadamia nuts, stirring gently over heat until golden brown.

Tip the breadcrumb mix onto a tray to cool, remove the smashed garlic cloves and discard. Strip the thyme leaves off their stem and sprinkle over the breadcrumb mix. Season with salt and freshly ground black pepper.

Check the base of the asparagus when you buy them; if the cut face is dry or the base shrivelled it is not fresh. Hold the spear at the tip (be careful, fresh asparagus will be brittle) and peel the thick bottom section of the spear, to about 5 cm from the base.

Bring a large pot of salted water to boil, drop in the asparagus spears, cook for 2 to 3 minutes, remove and drain, then place onto a warm serving platter.

Sprinkle the warm asparagus with crumbled feta and generously spoon the dressing over the top. Sprinkle with the crumble and serve immediately.



Recipe from "Must Eat" by Russell Blaikie
\$49.95 Publisher: UWAP