



Asparagus

A plant originally from the eastern Mediterranean region, asparagus is the young shoot that emerges from the underground stem call the "crown". Asparagus is divided into three groups. The green asparagus is the most common. The white asparagus is more tender but has less taste. The purple asparagus has a very fruity flavor.

Buying

Choose: firm, stiff asparagus with compact heads and a vivid color, with no rust-colored parts, that are a similar size (for more even cooking).

Serving Ideas

Asparagus can be served warm or hot (with butter or hollandaise sauce) or cold (with a vinaigrette, mayonnaises, or mustard sauce). It can be pureed and turned into soup, cream or souffle. Cut into pieces or whole, it is used to garnish omelettes, quiches, salads or pasta dishes and can be stir-fried.

Cooking

Avoid lengthy cooking of asparagus, as it can become mushy and lose flavor, color and nutritional value.

Boiled: cook asparagus tied together in a bundle

Steamed: a recommended cooking method. Preferably use an asparagus pot (a tall pot in which the asparagus can be placed upright) to protect the more fragile tips.

Microwaved: Asparagus are cooked when they are tender but still firm. Avoid cooking asparagus in iron pots, as the high level of tannin in asparagus reacts with the iron and alters its color.

Nutritional Information

Per 3.5 oz/100g	raw
Water	92%
Protein	2.6g
Fat	0.3g
Carbohydrates	4.2g
Calories	24

Preparing

Before cooking asparagus, remove the bottom part of the stem (this part can be pureed or used for soups).

Wash well in cold water to remove any sand or soil.

Excellent Source: folic acid

Contains: Vitamin C, potassium, thiamine, roboflavin, vitamin B₆, copper, vitamin A, iron, phosphorus and zinc.

Properties: diuretic. Asparagus is said to be laxative, mineralizing and tonic.

Storing

Asparagus is fragile.

In the fridge: 3 days, wrapped in a damp cloth and placed in a loosely closed or perforated plastic bag

In the Freezer: 9 months, blanched and placed in a plastic bag.