

AVELLINO

Insalata Tiepida di Asparagi

Warm Asparagus Salad with Crimini Mushrooms

1 pound medium to thick asparagus with bottoms cut off

1 pound crimini mushrooms cleaned and sliced in half

1/2 cup extra virgin olive oil

1 shallot, minced

1 garlic clove, peeled and minced

2 tablespoons fresh squeezed lemon juice

2 teaspoons Dijon mustard

1/4 cup Italian parsley chopped

Coarse kosher or sea salt (to taste)

Fresh ground black pepper (to taste)

1 bunch frisée with the bitter ends and coarse parts of the stems removed,
washed and dried, and separated into leaves

1/3 cup Pecorino Romano cheese, shaved (substitute Parmigiano-Reggiano if you like).

Season the asparagus with 1 tablespoon of extra virgin olive oil, salt and pepper.
Grill the asparagus on both sides until tender (about 3 minutes), remove and set aside.

Heat 4 tablespoons of olive oil in a large saucepan over medium-high heat.
Add the mushrooms, and sauté 3 to 4 minutes until they start to soften. Add the shallots, garlic, salt and pepper.
Continue to cook for another 2 minutes. Add parsley, remove from the heat and set aside.

For the dressing, in a small bowl, combine the lemon juice, Dijon mustard, and a pinch of salt and pepper.
Slowly whisk in the 4 tablespoons of olive oil until emulsified. Combine the asparagus and mushrooms
in a large bowl and toss gently with all but 1 tablespoon of the vinaigrette. Taste for seasoning (salt and pepper).
Line a large serving plate with the frisée and spoon on the asparagus salad.

Top with the shaved Pecorino Romano, drizzle the remaining vinaigrette before serving and garnish with lemon wedges.

Wonderful additions to this salad include:

Crispy pancetta or bacon • Hard boiled eggs • Roasted cherry tomatoes
Roasted Potatoes (quartered) • Grilled Chicken (diced)

The most important step in this recipe is the shopping.

Be sure to pick the freshest ingredients possible. Quality is paramount.