

White Asparagus with Lemon & Pistachio Oil

a recipe from www.maureenabood.com

White asparagus takes much longer to cook than green asparagus; there is no pleasure in an al dente white asparagus spear (too fibrous and difficult to cut). The acidulated (lemon) water flavors the asparagus beautifully. An avocado added to your plate of asparagus is very good too. Makes 4 servings.

1 pound white asparagus
Juice of 1 lemon
1 teaspoon salt
20 pistachios, shelled
4 teaspoons pistachio oil
Sea salt, to finish

Trim the asparagus by breaking the ends off (at their natural break) and peeling from just beneath the tip to the end with a vegetable peeler. Place the asparagus in a large sauté pan and cover with water. Squeeze the lemon into the pan and add the teaspoon of salt. Cover and bring to a boil, cooking for about 20 minutes, or until a spear can be easily cut with a knife and fork. Drain and set aside to cool to room temperature.

To get the greenest pistachio nuts for garnish, remove the thin papery skin on each one by rubbing it off between your fingers and thumb. Coarsely chop the pistachios. Divide the asparagus among four individual plates, or pile them evenly on a platter.

Sprinkle the pistachios across the center of the asparagus, forming a little line. Drizzle with pistachio oil, and finish with the salt.