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WHITE ASPARAGUS WITH HOLLANDAISE SAUCE OF RED PALM OIL AND SAFFRON. VEGAN VERSION WITHOUT EGGS AND BUTTER. A TASTY CHALLENGE.

Ingredients (serves 4)

- 1 kilo Fresh white asparagus
- 1 kilo New potatoes
- 100 g Red palm oil (Amanprana)
- A dash of White wine (vegan wine)
- 100 ml Organic almond paste
- A pinch Fleur de sel (Khoisan fleur de sel)
- A pinch Black pepper
- A pinch Saffron
- A generous amount Black pepper

Preparation

Preparation: White asparagus with hollandaise sauce of red palm oil and saffron.

Peel the fresh asparagus and discard the woody parts. Peel the potatoes. Ready a pan of salted water and add the potatoes as soon as they are peeled, then cook over a medium temperature for around 15 minutes until they are cooked.

Cooking the white asparagus

Cook the asparagus for around 15 minutes until they are cooked al dente. You actually only have to steam the tips. You can get a special asparagus pot, in which the asparagus is placed upright. Otherwise use a very large pot so that the asparagus lies in the water length-ways and is entirely covered. Lightly salt the water and, if desired, add a dash of lemon and a pinch of Gula Java palm sugar. When the asparagus and potatoes are cooked, drain the potatoes and remove the asparagus using tongs. Place the asparagus and potatoes on a plate and keep warm. The hollandaise sauce of red palm oil and saffron.

Heat the red palm oil in a small pot over a very low temperature until it is liquid. In the meantime, add a dash of white wine and three tablespoons of almond paste to around 200 ml of the warm asparagus water. Add it to the oil. Increase the temperature and stir constantly. If the sauce is too thick, add water, and if it is too thin, add almond paste. When the sauce is just the way you like it, season with salt, pepper and saffron and pour over the asparagus. Garnish with generous portions of parsley before serving.

Gluten free



Vegetarian



Vegan



Raw food

