

GREAT EATS WITH BAY—ASPARAGUS BRAISED WITH FRESH ROSEMARY AND BAY*

Submitted By Annette Steger

PREPARATION AND YIELD:

Start to finish: 15 minutes

Servings: 4

INGREDIENTS:

- 2 pounds fresh green or white asparagus, bottoms trimmed, peeled, if tough
- 1 Tablespoon extra-virgin olive oil
- 1 teaspoon coarse sea salt
- 3 sprigs fresh rosemary
- 3 bay leaves, preferably fresh



You can see the asparagus, fresh rosemary, and bay braising in the large Earthy-ware Frying Pan, can't you?

DIRECTIONS:

In a skillet large enough to hold the asparagus in a single layer, **combine** the asparagus, oil, salt, rosemary, and bay leaves. **Sprinkle** with 3 tablespoons of cold water. **Cover and cook** over high heat just until the oil and water mixture begins to sizzle.

Reduce the heat to medium and **braise** the asparagus, covered, **turning** from time to time, until the asparagus begins to brown in spots— about 8 to 10 minutes. Note: cooking time will vary based on the thickness of the asparagus.

Serve immediately.

*This recipe, which appeared in the newspaper, is from Patricia Wells' Vegetable Harvest (Morrow Cookbooks, 2007).