ASPARAGUS WITH WILD GARLIC HOLLANDAISE & TOMATO SALSA

BY STEPHANIE MOON, CHEF CONSULTANT AT ALL THINGS FOOD

An ideal dish to showcase two fantastic products that grow at the same time of year. You'll need to forage for wild garlic and ideally get locally grown stunning asparagus spears.
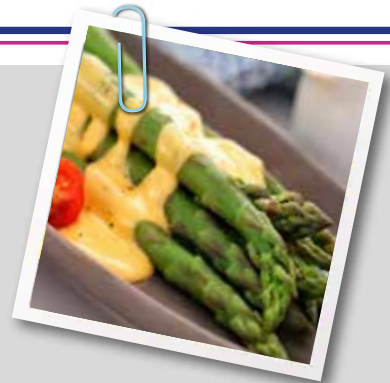
SERVES 2

INGREDIENTS

Pan-fried garlic bread

- 200ml buttermilk
- ½ tsp Atlantic salt
- 250g plain flour
- 1 tsp bicarbonate of soda
- Wild Garlic leaves to taste

Tomato salsa

- 4 large red ripe tomatoes
- 1 banana shallot onion, peeled and finely diced
- 1 clove of garlic, peeled and crushed
- Small splash of white wine vinegar to taste
- 1 lime zest and juice
- 1 tablespoon of foraged goods – see what is good on the day

Asparagus and wild garlic hollandaise

- 1 bunch of fresh asparagus, stem bases snapped off and trimmed at the base

Hollandaise

- 2 tbsp white wine vinegar
- 3 whole peppercorns
- 8 wild garlic stalks and freshly shredded, washed wild garlic leaves
- 2 egg yolks
- 150g salted butter
- Juice of half a lemon (approximately)
- Cayenne pepper
- Salt

METHOD

Pan-fried garlic bread

1. Sieve the flour with the salt and bicarbonate of soda.

2. Add the buttermilk and lightly mix with finger tips, do not stir in the mix. It is very important that the mix is barely moved around so it remains very light.

3. Tip the mix out onto a lightly floured surface and add a light dusting of flour on the top. Pat the mixture very gently with your fingers to level the top.

4. Cut the circle shape into pizza style slices using a lightly floured knife or palette knife.

5. Lift the pieces of scone into a dry frying pan on a moderate heat using a palette knife – do not use your fingers.

6. Place a damp cloth (like a tea towel) over the pan and fold the edges of the cloth in so it does not burn on the heat. This allows the scone to remain moist as it is cooking.

7. When you have a golden-brown caramelisation to the pan-fried bread, gently release the scone from the base of the pan (it is important the frying pan is non-stick), turn it over and cook again until the scone is cooked through (much like a steak would brown on one side then turn over). This will take up to 15 minutes.

8. Once cooled re-heat the bread in the oven again with a damp cloth over the top so it does not dry out.

9. Remove from the heat and trim the edges of the bread and serve warm with lashings of butter.

Tasty tomato salsa

1. Simply scour and blanch the tomatoes in boiling water and refresh in iced water. Remove the outer skin, slice in half and remove the seeds then cut into quarters and dice neatly.

2. Mix together with all the other ingredients and serve.

Asparagus and wild garlic hollandaise

1. Prepare the asparagus spears and boiling hot water ready for steaming. Steam the asparagus for 1-2 minutes until cooked and tender.

2. To make the hollandaise, gently bring the vinegar to the boil. Add the garlic stalks and peppercorns before reducing by half and add a splash of water. Take off the heat and allow to cool slightly.

3. Add the egg yolks to the reduction and remove the garlic stalks and peppercorns.

4. In a separate pan, melt the butter and remove any residue from the top. Whisk the egg yolk mixture over a Bain Marie (simmering water bath) in a glass bowl.

5. Whisking all the time, slowly add the butter into the mix until it is all incorporated – leaving the milky butter in the pan (this will be there as butter has a lot of water when you heat it up to clarify and melt it).

6. Add the freshly squeezed lemon juice, a sprinkle of salt and cayenne pepper.

7. Add the finely shredded, washed garlic leaves (approximately 8 leaves) to the pan and add a little raw butter (5g) to the hot hollandaise and it will wilt gently and mix in well.

To serve

1. Simply pour the hollandaise over the asparagus with the tomato salsa spooned around the plate and over the base of the spears and enjoy with the Wild Garlic pan fried soda bread.