



ASPARAGUS PATE

Ingredients -Serves 4

- 275g can asparagus tips
- 150g lemon mayonnaise (see Buying guide)
- 2 tablespoons double cream salt and freshly ground black pepper parsley sprigs, to garnish

Method

1. Drain and discard liquid from can of asparagus and put all but 4 tips into a blender or food processor.
2. Add the mayonnaise, cream, salt and pepper to taste and blend until puree is quite smooth.
3. Pour the puree into 4 individual ramekin dishes and put into refrigerator for 2-3 hours until firm.
4. Serve chilled, garnished with the parsley and reserved asparagus tips.

Buying Guide - Lemon mayonnaise in jars is now widely sold in supermarkets. If it is difficult to obtain, however, use the same quantity of bottled plain mayonnaise and mix with 1 tablespoon lemon juice.

TERRINE D'AVOCATS ET D'ASPERGES

This terrine of avocado and asparagus is afresh, temptingly green starter. Sprinkle each slice liberally with freshly picked and chopped herbs, and serve a sharp mustardy vinaigrette with it.

Ingredients -Serves 4-6

- 12 plump asparagus spears
- 2 large avocados
- Juice of 1 lime
- 25g gelatine
- 175ml double cream
- salt and freshly ground black pepper
- Worcestershire or tabasco sauce, to taste (optional)

For the Vinaigrette

- 125ml olive oil
- 2tbsp white wine vinegar
- ½ tsp caster sugar
- 2tsp Dijon mustard
- salt and pepper

Method

1. Trim the asparagus spears, discarding any tough, woody ends and knobly lumps. Plunge into boiling salted water and cook gently until tender. Drain carefully
2. Peel, stone and chop the avocados and put into a food processor or blender. Add the lime juice and puree until smooth, adding a little milk or cream if necessary.

ASPARAGUS & RHUBARB SEASON RECIPES FOR RV'ERS

From Jeni's Kitchen

3. In a basin, sprinkle the gelatine on to 3tbsp boiling water. Stir well and leave until dissolved.
4. In a saucepan, heat the cream until simmering - do not boil. Pour into the dissolved gelatine, stirring thoroughly, then sieve this creamy mixture into the avocado puree and season well, adding Worcestershire sauce or tabasco, if required.
5. Butter a 23cm terrine, or loaf tin, and line with cling film or baking parchment. Spread a shallow layer of avocado mixture on the bottom of the terrine and arrange the asparagus spears on this. Season with salt and freshly ground black pepper and cover with the remaining avocado mixture. Cover with cling film and refrigerate for 24 hours.
6. To serve, stand the terrine in a sink of hot water to loosen. Turn the avocado loaf out on to a serving plate and garnish with fresh herbs. Cut slices with a sharp-bladed knife which has been dipped in hot water.
7. To make the vinaigrette, place all the ingredients in a screw-top jar and shake well. More mustard can be added to make it thicker.

ASPARAGUS and MUSHROOM TART

Ingredients -Serves 4-6

- 250g short crust pastry
- 250g fresh asparagus (trimmed)
- 25g butter
- 1 small/medium onion (sliced)
- 125g closed cup mushrooms (sliced)
- 2 medium eggs
- 200ml single cream
- 50g Gruyere cheese (grated)
- Salt and ground black pepper

Method

1. Roll out pastry and line a 23 cm fluted flan tin. Cover and chill for 20 minutes.
2. Preheat oven to 200°C/gas mark 6.
3. Lightly prick pastry case, line with greaseproof paper, cover with baking beans and bake for 10 minutes.
4. Remove paper and beans, return to oven for a further 10-15 minutes until golden and cooked through.
5. Meanwhile place asparagus in boiling water and cook for 5 minutes until tender (or steam). Drain well and rinse in cold water. Chop, reserving eight tips 5cm long. Place the chopped asparagus in base of pastry case.
6. Melt the butter in a frying pan and cook onions until softened. Add the mushrooms, cook for a further 1-2 minutes. Arrange in pastry case.
7. Beat the eggs into the single cream and stir in the grated cheese. Add seasoning. Pour into the pastry case

- and top with the reserved tips.
8. Bake in the preheated oven for 25-30 minutes, until filling is set.

ASPARAGUS AND HAM QUICHE

I must admit I think this is much more exciting made with fresh asparagus.

Ingredients -Serves 6

- 175g short crust pastry
- 280g can asparagus tips
- 115g chopped ham
- 300ml single cream
- 2 large size eggs
- salt and black pepper

Method

1. Line a 23cm fluted fan tin with the pastry. Prick the bottom lightly with a fork. Trim the asparagus into 2.5cm pieces and arrange in the base of the flan with the chopped ham.
2. Beat together the cream, eggs and seasoning and pour over the asparagus and ham.
3. Bake in a hot oven at 200°C/Gas 6 for 15 minutes, then reduce the heat to 170°C/Gas 4 and cook for a further 20 minutes, until the filling is set and golden brown.
4. Serve hot or cold.

ASPARAGUS and TOMATO LAYER

Ingredients -Serves 4

- 750g asparagus spears
- Salt
- 500g tomatoes, skinned and sliced
- 1 tablespoon chopped fresh basil or parsley
- Freshly ground black pepper
- 40g butter
- 50g Cheddar cheese, grated

Method

1. Heat the oven to 190°C/Gas 5.
2. Wash the asparagus stalks well in cold water, then trim the base of each spear, leaving about 2 cm of harder white stem.
3. Put the asparagus in a pan large



- enough to hold them lying flat. Pour over enough boiling water just to cover the asparagus and add a good pinch of salt. Cover the pan and simmer very gently for 10 minutes until half cooked.
- Lift out the asparagus very carefully with a fish slice and drain on absorbent paper.
 - Put half the asparagus in a shallow flameproof serving dish. Arrange half the sliced tomatoes over the asparagus, then sprinkle with half the basil and salt and pepper to taste. Dot with the butte. Layer the remaining asparagus and tomatoes on top and sprinkle with the remaining basil. Season to taste with salt and pepper.
 - Sprinkle the cheese over the top and cook in the oven for 30 minutes.

RHUBARB ROULADE

Ingredients- Makes 6 slices

750g rhubarb, chopped

100g sugar

3 tablespoons water

4 large eggs, separated

50g self-raising flour, sifted

50g caster sugar

Few drops red food colouring

Icing sugar, for dredging vegetable oil, for greasing cream or custard, to serve

Filling

1 dessert apple

Finely grated zest and juice of ½ a lemon

225g cottage cheese, sieved

25g caster sugar, or to taste

Method

- Put chopped rhubarb into an enamelled pan with the sugar and the water. Cover and simmer until tender, then remove from heat and cool completely.
- Heat the oven to 190°C/Gas 5. Grease a 33 x 23 cm Swiss roll tin, then line the base of the tin with non-stick vegetable parchment paper.
- Drain the rhubarb, then put it into a large bowl with the egg yolks and mix with a fork until blended. Stir in the flour, caster sugar and red food colouring and mix well.
- In a clean dry bowl, whisk the egg whites until standing in stiff peaks. Using a metal spoon, fold the egg whites into the rhubarb mixture. Pour the mixture into the prepared tin and immediately bake in the oven for 20-25 minutes, until springy to the touch.
- Meanwhile, prepare the filling: core, but do not peel the apple, then coarsely grate it. Put the grated apple into the bowl and thoroughly stir in the lemon zest and juice.
- Lay a large sheet of greaseproof paper



- on top of a clean, damp tea-towel. Sprinkle paper evenly with icing sugar.
- Cool the rhubarb sponge in the tin for 10 minutes, then run a round-bladed knife around the sides to loosen it and turn out on to the sugared greaseproof paper.
 - Drain the apple and mix with the sieved cheese and caster sugar, to taste. Spread the mixture over the rhubarb sponge. Roll up the sponge, from one short end, with the aid of the paper. Press the join. Carefully transfer rhubarb roll to a serving plate, placing it seam-side down. Sift icing sugar over the top and serve at once.

SPICED RHUBARB PUDDING

Ingredients

6oz cooked rhubarb

2oz butter or margarine

2oz sugar

1 egg, beaten

4oz flour

1 tsp ground ginger

½ a tsp baking powder

pinch of salt

Method

- Grease a pie dish and pour in the cooked rhubarb. Beat the butter and sugar together until pale and fluffy.
- Add the egg, flour, ginger, baking powder and salt. Stir until well blended.
- Spread the mixture over the stewed rhubarb and cook at 400°F for 20-25 minutes. Serve with custard.

SRING RHUBARB CHUTNEY

Ingredients

2lb rhubarb

Zest and juice of 2 lemons

Zest and juice of 1 orange

1oz garlic, finely chopped

1 pint vinegar

1lb sultanas

1oz salt

½ a tsp white pepper

2lb brown sugar

1oz fresh ginger root, bruised

Method

- Skin the rhubarb and cut into ring pieces. Peel the lemons and orange thinly. Put all the ingredients, except the sugar and ginger, through a mincer
- Place in a large stew pan, with the sugar and whole ginger root, and simmer on a low heat, stirring frequently.
- When soft and a thick pulp remove the ginger. Place in clean jars and cover. This chutney improves with keeping.

RHUBARB and GOOSEBERRY COMPOTE

Ingredients- Serves 4

250g tender rhubarb, cut into 2.5 cm lengths

250g gooseberries, topped and tailed

Syrup

275g caster sugar

300 ml water

Method

- Place the rhubarb and gooseberries in a heatproof bowl and mix gently together, taking care not to crush them.
- Make the syrup: put the sugar into a large saucepan with the water. Heat



- gently, stirring, until sugar has dissolved, then boil the syrup rapidly for about 15 minutes without stirring.
- Cool the syrup for 1 minute, then pour over the fruits. Cover and leave to cool for 1 hour.
 - Refrigerate the compote for at least 2 hours, or overnight, before serving.
 - Serve the compote chilled, accompanied by single cream and caster sugar, if wished.

RHUBARB BANANA WHIP

Ingredients- Serves 4

540g can rhubarb in syrup, drained

2 small bananas, chopped

150g natural yoghurt

Few drops of red edible food colouring

1 egg white

Method

- Puree the rhubarb with the bananas and yoghurt in a blender. Pour into a large bowl and stir in a few drops of food colouring to tint the mixture pink.
- Whisk the egg white until stiff, then fold into the rhubarb mixture using a large metal spoon.
- Divide the mixture between 4 dishes, cover and chill for at least 2 hours; top with banana if wished.

Cook's Tips - When in season, use 500g/1 fresh rhubarb, stewed, drained and sweetened, instead of canned fruit. If you do not have a blender or processor, use a fork to mash the rhubarb and bananas to a pulp, then beat in the yoghurt.

RHUBARB AND GINGER CRUMBLE

Ingredients

55g hard margarine or butter

115g plain flour

55g soft brown sugar

1tsp ground ginger

450g rhubarb

1tbsp chopped preserved ginger

2tbsp ginger syrup

140g caster sugar

Method

- Put the margarine into a bowl and rub into the flour until it resembles fine breadcrumbs. Stir in the soft brown sugar and ground ginger.
- Peel the rhubarb sticks (unless they are very young and tender) and cut into 1cm pieces. Place these with the chopped preserved ginger and syrup and the caster sugar in a 1.2 litre pie dish. Cover the fruit with the crumble mixture, pressing it down gently.
- Bake in the oven at 180°C/Gas 4 for about 40 minutes until crisp and golden.