



## Flavors of Rochester at the Market

*A sampling series brought to you by the Rochester Public Market, Friends of the Public Market, and Democrat and Chronicle. Saturdays, May through September 10 a.m. to 12 p.m.*

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Guest Chef for May 21, 2015:

***City of Rochester Public Market's Evan Lowenstein  
and his son Lyndon (11)***

### RECIPE: CHILLED ASPARAGUS SALAD

Flavorful, healthy asparagus is now available at the Market, fresh from local farmers' fields! The following recipe features this refreshing, vitamin-rich veggie, and brings in some sweetness via local honey; some tartness in the form of lemon; and some savory with the addition of spicy mustard. This recipe was authored by restaurateur and TV-chef Alex Guarnaschelli.

6 quarts water

Kosher salt

2 tablespoons granulated sugar

32 stalks small to medium-size green asparagus, washed and ends trimmed

2 lemons, juiced

2 tablespoons white wine vinegar

1 teaspoon honey

2 tablespoons smooth Dijon mustard

4 tablespoons olive oil

Use kitchen scissor to cut the very bottom of each asparagus stalk (breaking it causes more of the edible stalk to be wasted)

If using larger, thicker asparagus, you may wish to peel the stalk to be sure the stalks are tender when cooked--you can leave the tip and an inch or two below the tip unpeeled, as that section is already tender enough without peeling. (over)

Bring water to a boil in a large pot. Add salt and sugar to the water.

Fill a large bowl with cold water and some ice cubes; put the asparagus into this ice bath. Remove from the ice bath and drop into the boiling water; cook 2-3 minutes.

Use a slotted spoon to remove asparagus from the water; transfer them back to the ice bath. Swirl the stalks in the cold water to assure they are all cooling quickly.

Put the asparagus atop a clean kitchen towel and then on a large plate or a platter; refrigerate.

In a medium bowl, blend the lemon juice, white wine vinegar, honey and Dijon mustard. Whisk in the olive oil until evenly integrated.

When ready to serve, toss the asparagus in the dressing, coating them fully.  
Serve!