



Miele

Pan fried asparagus with cultured seaweed butter

By Miele

45 minutes, plus freezing / setting time

Preparation Time

25 minutes

Cooking Time

6 serves

Serves

INGREDIENTS

Cultured seaweed butter

- 1 tbsp nori flakes
- 1 tbsp dulse flakes
- 200 g crème fraîche
- 300 ml thickened cream
- ½ tsp salt flakes

Asparagus

- 1 kg asparagus spears, tough ends removed and reserved
- 2 tbsp olive oil
- Salt flakes

Miele accessories

- Gourmet oven dish and Frying pan

METHOD

Cultured seaweed butter

1. Toast the seaweeds in a frying pan on medium heat, induction setting 6 for 4 minutes, or until crispy.
2. Place the crème fraiche and cream into a food processor and process until the mixture splits (approximately 7 minutes).
3. Drain off the buttermilk and place the butter into a bowl of iced water to firm slightly.
4. Squeeze the butter to remove more of the buttermilk whilst in the water, drain off any excess water.
5. Place the butter, salt and toasted seaweeds in a bowl and mix until well combined.

Asparagus

1. Heat a gourmet oven dish on medium-high heat, induction setting 7 for 5 minutes.
2. Toss the asparagus in the oil then spread evenly across the oven dish. Season with a pinch or two of salt flakes and cook for 1 minute.
3. Cover with the gourmet oven dish lid and cook for 3 minutes.
4. Remove the lid and add 120 g of the seaweed butter, gently stir, then remove from the heat. Season with salt flakes to taste.
5. Thinly slice 3-4 of the remaining raw asparagus ends on a mandolin or with a small knife.

To serve

1. Arrange the cooked asparagus in a serving dish, dress with warm butter and scatter raw shaved asparagus over the top to garnish

Hints and tips

- Sustainability tip – we have used the ends of the asparagus that are often wasted to give texture and a different asparagus taste through the dish.
- Dulse flakes can be substituted with wakame or another seaweed.
- The asparagus can be steamed in the steam oven at 100°C for 2 minutes and the butter melted and poured over the top.