
Asparagus Appetizer with Secret Sauce

Can't remember; I've been making these for 40+ years



Servings: 6

NOTE: This is meant as an appetizer, but it can also be served as a side dish.

1. Trim asparagus of woody stems. You do not want them to be all the same length.
2. Using a wide saucepan, bring a cup or so of water to a simmer (just enough to cover the asparagus), add some salt to taste, then add the asparagus. Bring the water back to a simmer again, watching it carefully and cook for 3-5 minutes, until the asparagus is just barely al-dente, stirring and rolling the asparagus around so all the stalks are under the water line. Do not overcook them. They need to be firm enough they'll stand up in a mug or tall container.
3. Remove asparagus and cool, then blot dry with paper towels or tea towel. Chill if you have the time.
4. Into a shallow dish place the asparagus and sprinkle the rice wine vinegar over the top, drizzling back and forth. Using your fingers, roll the asparagus so all of them have been in contact with the vinegar. DO NOT make this ahead as the asparagus will turn yellow. Holding the asparagus in one hand, gently sprinkle the sesame seeds on the tops of the asparagus, as you turn the asparagus around. Stand the asparagus into a vertical container (coffee mug or similar shape) and serve immediately. If you're not sure you'll eat all the asparagus it's wise to season some of it, serve, then if you need more you can always add more to the vinegar and serve more of them.

1 pound asparagus, not too thin, not too thick
salted water to cook the asparagus
1 tablespoon seasoned rice wine vinegar
1/2 teaspoon sesame seeds, toasted, garnish

Per Serving (excluding unknown items): 21 Calories; trace Fat (7.8% calories from fat); 2g Protein; 4g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 89mg Sodium; 1g Total Sugars; 0mcg Vitamin D; 21mg Calcium; 2mg Iron; 154mg Potassium; 41mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com