



ASPARAGUS WITH BECHAMEL

Serves 2 • Prep 1h • Easy • Vegetarian

500g white asparagus
600g potatoes
¼ tsp sugar
80g butter
50g flour
100ml cream
a pinch of nutmeg
salt and pepper
chopped parsley, to serve

Peel the asparagus and trim off the ends.

Peel the potatoes and cut into quarters. Put into a saucepan with salted water, cover and bring to the boil. Cook for approximately 15 minutes until done. Drain the potatoes, toss in the saucepan with 20g of butter and put on a serving plate.

While the potatoes are boiling, put the asparagus into a saucepan with boiling salted water and the sugar, cover and cook for approximately 20 minutes, until cooked through. Once done, remove 500ml of cooking liquid for the béchamel and leave the asparagus in the saucepan in the remaining hot water.

Make the béchamel just before serving: Melt the remaining 60g butter in a saucepan, add the flour and fry on a medium heat for a couple of minutes until the flour/butter mix starts to turn golden and fragrant.

Gradually add 500ml of the asparagus water, whisking between each addition and leaving it to cook for a minute or so, so that it thickens and you get a smooth sauce.

Then gradually add the cream. Once you have a smooth sauce, season with a pinch of nutmeg and salt and pepper.

Serve the asparagus and potatoes smothered in béchamel and sprinkled with parsley.

TIPS

- You can serve this dish with a few slices of Luxembourgish cooked ham.
- For an asparagus soup reheat any leftover béchamel with a bit of leftover asparagus cooking water. Cut the remaining asparagus and potatoes into bite sized chunks and add to the liquid. Use a hand blender to blend until smooth.
- Asparagus season is also new potato season, so if you can get these little spuds, boil and serve them with the skin on – it's so delicate that you can eat the entire potato.

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