

Grilled Asparagus with Vinaigrette

Swick

Serves 1 | Active Time: 15 minutes | Total Time: 20 minutes

Chef's Notes

The really great thing about this recipe is you can prepare the asparagus and vinaigrette in advance. If you're having guests you are really just reheating the asparagus and giving them some colour. So this makes for a super quick side that can be cooked after the meat comes off the grill and is resting.

This vinaigrette's is one of my favorites to make for salad and by chance I tried it on asparagus one night and loved it. This vinaigrette is equally as good if you use lemon juice as your acid instead of red wine vinegar.

Step 1: Blanch the Asparagus

- 1 bunch asparagus (approx 1lb)
- 1 tbsp salt

First prep the asparagus by snapping of the woody end and wash them. Bring a pot of water to a boil and add the salt. Drop in the asparagus for two minutes only. You just want to blanch them.

While they cook prepare an ice bath. Remove the asparagus and drop into the ice water till cold. About two minutes then remove them from the water and dry off. If you are preparing them in advance just pop them into the fridge till you're ready to grill.

Step 2: Prepare the Vinaigrette

- 1/2 shallot
- 1 clove garlic
- 1 tbsp dijon mustard
- 2 tbsp red wine vinegar
- 6 tbsp olive oil
- 1 tsp sweetener
- salt and pepper to taste

Finely dice the shallot and mince the garlic. Place into a small container with a tight fitting lid. Add the olive olive, red wine vinegar, dijon mustard and honey or other sweetener. Add a bit of salt and pepper put on the lid and give it a good shake.

Taste for seasoning and add more to your liking. You won't need all this for the asparagus so there will be plenty for a salad or it will keep in the fridge for a week or so.

Step 3: Grilling the Asparagus

- Fleur de Sel to finish

Preheat the grill if not already hot and place the asparagus on for a couple minutes. With a set of tongs roll them around till they've had a bit of grill time on all side. This will not take much more than about five minutes because the asparagus is already par cooked.

Remove them from the grill onto a serving plate and pour a few tbsp of the vinaigrette over the asparagus and toss with your fingers. They don't need to be dripping to taste great. Sprinkle with a bit a fleur de sel.