



Cooked white asparagus served with Hollandaise sauce



Categoria
Vegetariano



Tempo de preparação
Demorado



Dificuldade
Médio



Custo
Intermediate



Com quem?
Meal for two



Nº de pessoas
4 pessoas

Ingredientes



1dl of Victor Guedes Extra Virgin Olive Oil Reserve

- 400g of white asparagus
- 4 egg yolks
- 1dl + 20ml of apple cider vinegar
- Rock salt, to taste
- Freshly grounded pepper, to taste

Modo de preparação

1

Peel the bottom part of the stalks of the asparagus with a carrot peeler.

2

Cook the asparagus in water with 1dl of apple cider vinegar and rock salt.

3

After cooked keep the broth.

4

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5

For the sauce:

6

In a round pyrex bowl, put the egg yolks and the rest of the vinegar.

7

Then place the bowl in a hot "bain marie" and with a wire whisk whip the mixture until it becomes a thick paste.

8

Take out of the "bain marie" and allow to cool slightly and then drizzle the olive oil into the mixture whisking all the time. The sauce should have the consistency of a mayonnaise.

Produtos utilizados



Reserve
Extra Virgin Olive Oil



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