



*Asparagus*  
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*Asparagus Risotto  
with Broad Beans & Pea Shoots*

# Asparagus Risotto

This seasonal spring recipe comes from Caroline Weaver who is a regular customer at Secretts and writes a food blog 'Everyday Fabulous Food'. Caroline has a vegetable patch and often creates recipes from her own crops. This combination of asparagus & young tender broad beans works really well but feel free to replace the peashoots with rocket.



## Ingredients (for 2)

100g risotto rice  
8 asparagus spears stalks finely sliced, spears cut in half horizontally  
2 large handful young broad beans (can be frozen)  
1 onion finely chopped  
8-10 pea shoots  
50g parmesan  
1 tbsp olive oil  
1/2 glass dry white wine or dry vermouth  
700ml approx. of hot vegetable or chicken stock  
zest of a lemon.

## Method

Place the broad beans in boiling water and cook for 1 minute then drain and refresh in cold water. Skin the broad beans by using your thumb and forefinger, gently squeeze each bean so that the bright green bean pops out. Discard all the skins and reserve the beans.

Sauté the onion in the olive oil over a medium heat for 5-10 minutes until it starts to soften. Remove from the heat and add the rice and stir well for a minute until the rice has absorbed the oil. Return to the heat and add the white wine. Cook for a couple of minutes to reduce and burn off the alcohol. Stir in a ladleful of hot stock (just enough to cover the rice) and cook over a medium heat, stirring till all the liquid has been absorbed. Add another ladleful of stock and continue the process. After 10-12 minutes add the asparagus and the last of the liquid. Stir well. Cook for 3-4 minutes then check to see if the rice and vegetables are cooked (the rice should be creamy but still a little al dente). Stir in the lemon zest, beans and parmesan and top with the pea shoots before serving.

*Asparagus spears with Parmesan,  
paprika and polenta*



# Asparagus spears with Parmesan, paprika and polenta

Asparagus season is here and whilst we love nothing better than freshly steamed or griddled spears with butter this simple but delicious recipe from Caroline is also hard to beat. Simply coat the washed spears in egg white and roll in a spiced polenta coating and pop in the oven for 10 minutes. Whilst they are cooking mix some natural yogurt and sweet chilli sauce and you have a perfect starter or nibble to go with drinks. Vegans can replace the egg white with aquafaber.



IMAGE SHIRLEE POSNER @EATSURREY

## Ingredients

- 1 bunch asparagus
- 3 tbsp quick cook polenta
- 2 tsp picante smoked paprika
- 2 tbsp finely grated parmesan
- 1 egg white
- sea salt and freshly ground black pepper
- 3 tablespoons of Greek yogurt
- 2-3 tsps sweet chilli sauce

## Method

**PREHEAT THE OVEN TO 220°C / 200°C FAN**

Place the polenta, paprika and parmesan on a plate and season with a little sea salt and black pepper. Trim the ends off the asparagus and place on a plate with the egg white and a small pinch of salt. Coat the asparagus in the egg white then roll the spears in the polenta mixture. Place the spears on a large baking tray and bake in the top of the oven for 10 minutes until golden and crisp. Now prepare the dip by mixing the yogurt and chilli sauce together. Drizzle some chilli sauce on top and garnish. Remove from the oven and serve immediately.

This recipe was written for Secretts by local food writer and Secretts customer Caroline Weaver.

You can find Caroline on instagram  @everydayfabulousfood, or on her website [www.everydayfabulousfood.com](http://www.everydayfabulousfood.com)

*Asparagus, Roast Onion & Gruyere Quiche*



# Roasted Onions with Thyme

The addition of these roasted onions elevates recipes to a whole new level. Their natural sweetness compliments the creaminess of other ingredients to create a flavour bomb. Why not make a double batch to use in salads, with asparagus, stir into pasta or to serve with cheese! I recommend Lord of the Hundreds and Feta, both available in the farm shop.



## Ingredients

3 small brown onions, peeled & cut in half horizontally so you see the rings  
150ml fresh chicken or vegetable stock  
100ml white wine  
75g butter, melted  
1 tablespoon fresh chopped thyme  
Salt & freshly ground black pepper

## Method

**Preheat the oven to 150°C**

Place the onions ring side up in a roasting tray, so they fit snugly. Pour in the stock and then drizzle the onions with the melted butter. Scatter over the thyme and salt and pepper and cook in the oven for 45 minutes to 1 hour until very soft.

Allow to cool before adding to the quiche recipe (see next page) or use as suggested above.

This recipe was written for Secretts by local food writer and Secretts customer Sally Iddles

You can find Sally on instagram



@sallyiddlesfood

[www.sallyiddles.co.uk](http://www.sallyiddles.co.uk)



# Roast Onion, Asparagus & Gruyere Tart

## Ingredients

1 500g pack shortcrust pastry  
1 batch of roasted onions (see recipe above)  
150g Secretts asparagus  
75g Gruyère or other full flavour cheese, grated  
3 eggs  
250ml double cream  
Salt and freshly ground black pepper



You will also need a 24cm fluted loose leaf tin and some baking beans  
Pre-heat the oven to 180 °C, Fan 160 °C.

## Method

Roll out the pastry to about 0.5 cm thickness. Use to line the tart tin and trim the edges using a rolling pin or knife. Prick the base with a fork and line with baking paper and baking beans (or rice) place on a baking tray and bake in the oven for 20-25 minutes until the pastry is biscuit colour and fully cooked, remove the beans and pop back in the oven for 5 minutes to cook completely and allow to cool.

Prep the asparagus by trimming the ends and then slicing the stems roughly. Leave the asparagus about 12 cm long to fit half way across the tart  
Pop in a pan and just cover with water. Bring to the boil and cook for about 2 minutes until just cooked and bright green. Drain through a sieve.

Place 3/4s of the cheese into the tart base and then whisk the eggs, cream and seasoning together and pour over the cheese in the pastry base.  
Arrange the onions and asparagus on top and scatter with the remaining cheese. Add a few more thyme leaves and then bake in the oven at 150 degrees C for about 40-50 minutes until just set.

Allow to cool for 10 minutes before removing the tin.

Delicious served with a green salad.

**All products are available in Secretts Farm Shop**

Recipe written and photographed by Sally Iddles @sallyiddlesfood





*Gnocchi with Pistachio Pesto & Asparagus*

# Gnocchi with Pistachio Pesto & Asparagus

**MADE WITH SECRETTS HOME GROWN ASPARAGUS**

This combination of gnocchi, fresh pesto and asparagus is just perfect for spring eating. It's a great recipe to put your own mark on by switching nuts and cheeses and vegetables too.



## Ingredients

- A large handful of fresh basil leaves
- 2 garlic cloves, finely chopped
- 75ml olive oil, plus extra for frying
- 4 tbsp pistachio nuts, toasted plus a few extra for pistachios
- 50g mixed baby salad leaves, spinach or rocket
- 50g finely grated pecorino
- 1 x 500g pack fresh gnocchi
- 100g asparagus tips
- 100g trimmed green beans, halved
- 80g crumbled feta cheese
- Crushed pink peppercorns for garnish (optional)

## Method

First make the pesto by putting the basil, garlic, olive oil, pistachios and two-thirds of the salad leaves in a food processor; blitz to combine.

Stir in the pecorino cheese and season.

Heat a large frying pan with a splash of olive oil, add the gnocchi and toss gently over a medium-high heat for 6-8 minutes until lightly golden. Meanwhile, steam the asparagus and green beans for 3-4 minutes until just tender; drain.

Add the leaf pesto to the gnocchi and toss together. Now stir in the asparagus and beans. Take the pan off the heat and add the remaining leaves. Divide between 2 plates and scatter over the rest of the pistachios and crumbled feta to serve. Add a final garnish of crushed pink pepper.



# *Charred Asparagus Guacamole*



# Charred Asparagus Guacamole

**MADE WITH SECRETTS HOME GROWN ASPARAGUS**

I love asparagus and there's nothing better than field fresh vegetables grown where you live. Greg explained to me once how the sugars in crops such as asparagus and corn reduce once they are cut so the quicker you can eat them post harvest is prime. For asparagus weekend I came up with this idea for an asparagus guacamole. Trending creamy avocado with charred asparagus with a hit of tomatillo (a perky flavour bomb found in South American and Mexican Cuisine) is a winning combo. On the menu at my stall at Secretts Asparagus weekend



## Ingredients

- 4 banana shallots- halved lengthways and finely sliced
- 2 tablespoon of finely sliced spring onions (the green bit- reserve the white for garnish)
- Juice from 2 ripe limes
- 5 ripe avocados
- 1 green jalapeno finely diced. (or 2 if you like it a bit pokier)
- 1 bunch Coriander leaves chopped
- 3 tablespoons tomatillo salsa
- 15 Roasted asparagus tips
- Sprinkle of smoked salt to taste

## Method

Fire up the BBQ or heat the the oven to Gas 5/ 200°C /Fan 180°C

Trim the woody end from the asparagus spears, drizzle with a little olive oil and smoked salt toss to coat the asparagus and either pop directly on your bbq grill- or into a hot oven. You still want it to have some bite, so be careful not to over cook it. Carefully cut the frond tip off the spear (stalk) reserve and chill the fronds.

Pop just the stalks into a food processor or blender and blitz until it forms a paste (you can add a small splash of water to help it break down)- Once smooth pass this through a sieve into a bowl with the back of a spoon reserve the juice and discard the fibrous pulp.

In a bowl combine the sliced up onions, spring onion and the lime juice. Allow to pickle for 10 minutes. Peel and de-stone the avocado and mash in a medium bowl with a fork- keep chunky. Add the asparagus juice, semi pickled onion, jalapeno, coriander and the tomatillo salsa. Season. Stir in the asparagus fronds you reserved earlier and gently fold them through. Season with salt and more lime to taste. Pop in a serving bowl, sprinkle with some coriander leaves, and a couple of finely sliced spring onions, and a squeeze of lime.

Serve immediately with some tortilla chips, on chilli or just on toast....

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