White asparagus with lemon gel, tarragon oil and vinaigrette

Recipe by V-ZUG Ltd.

Preparation	45 Mins
Resting time	2 Hrs
Cooking time	20 Mins
Portions	4
Appliance	CombiSteamer V4000 38 from 2021

Gently cooked white asparagus served with lemon gel, tarragon oil and vinaigrette. Fresh, aromatic and perfectly balanced.

Saucepan (approx. 16 cm ø)

Lemon Gel

150 ml lemon juice

50 ml water

1 tbsp sugar

4 g agar-agar

Tarragon Oil

100 ml sunflower oil

50 ml mild olive oil

50 g tarragon, leaves only

20 g parsley, leaves only

Vacuisine asparagus

1 kg white asparagus, peeled

50 g plant-based alternative to butter

1 tsp sugar

1 tsp salt

Vinaigrette

1 tsp Dijon mustard

3 tbsp white wine vinegar

3 tbsp olive oil

3 tbsp rapeseed oil

2 tbsp vegetable bouillon

1 shallot, finely chopped

1 pinch of sugar

a little salt

a little pepper

edible flowers, for decorating

Lemon Gel

Place the lemon juice, water, sugar, and agar-agar in a pan and whisk thoroughly. Bring to the boil over medium to high heat (level 7-8), stirring continuously. Reduce the heat (level 5), and simmer for approximately 3 minutes. Remove the pan from the hob. Pour the liquid through a fine sieve into a shallow container and refrigerate for at least 2 hours until fully set. Place the lemon gel into a tall container, blend until smooth using a hand blender. Transfer to a piping bag and refrigerate until ready to serve.

Tarragon Oil

Warm sunflower oil and olive oil in a pan over medium heat (level 6) to approximately 55 °C. Place the warm oil into a blender along with the tarragon and parsley. Blend on high speed for approximately 8 minutes. Line a kitchen sieve with a muslin cloth, carefully strain the tarragon oil, squeezing the cloth well to extract all the oil. Pour the oil into a light-protected bottle, allow it to cool, and store in the refrigerator.

Vacuisine asparagus

Place asparagus, butter alternative, sugar, and salt in a vacuum bag. Arrange the asparagus in a single, flat layer and vacuum seal. Place the bag on a perforated stainless steel tray and insert into the cooking space. Cook with Vacuisine at 85 °C for approximately 20 minutes.

Vacuisine 85 °C for 20 Mins

Vinaigrette

Place the mustard and all ingredients up to and including the sugar into a tall container and mix well. Season with salt and pepper. Arrange the asparagus on plates while still lukewarm. Pipe or spoon small amounts of lemon gel over the asperagus. Spoon the vinaigrette over and around the dish, then drizzle with the tarragon oil. Finish by arranging edible flowers on the asparagus before serving.

Tips

For the vinaigrette, asparagus stock can be used instead of vegetable bouillon. To make asparagus stock, boil the asparagus peelings with water, then simmer until the liquid has developed a delicate asparagus aroma, and season with salt.

The cooking time for the asparagus depends on its thickness. Thinner spears will be al dente after approximately 20 minutes, while thicker spears may require approximately 30 minutes.

Accessories

Vacuum bag

Perforated stainless-steel tray

Additional information

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