



# ASPARAGUS

## HOW TO COOK

Rinse asparagus in cold water.

Fill a skillet with  $\frac{1}{2}$  inch of water. Bring water to boil and add 20 large spears, or 3 to 4 cups of asparagus cut in 1 inch pieces and  $\frac{1}{2}$  to 1 tsp. of salt. Return to a boil then reduce heat and cook 5 to 7 minutes or until tender crisp. Drain.

Serve with browned butter, or sprinkle with hard boiled eggs, cheese, or grated parmesan cheese.

## HOW TO FREEZE

Cut or break off tough ends. Rinse thoroughly with cold water. Leave whole or cut into 1 to 2 inch lengths. Water blanch small stalks  $\frac{1}{2}$  to 2 minutes, medium stalks 2 to 3 minutes, and large stalks 3 to 4 minutes. Drain, then lay on trays in single layers to freeze. When frozen pack in freezer bags or boxes.



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