



Allotment Gardening In North Essex -- At Home In The Kitchen

Baked Asparagus

Ingredients: 1 portion

4oz 100g Asparagus

1oz 25g Butter

Salt and pepper to taste

Method:

1. Wash the asparagus well
2. Line up tips and cut to an even size
3. Using the back of a small knife scrape to remove the little leaf shoots
4. Place in a buttered dish cover with butter and season
5. Bake in a medium oven approx 15 min until just soft.
6. If they go a little dry cover with tin foil
7. Serve with the cooking butter