



Restaurant Style Asparagus

Washington Post

Asparagus can be parcooked 1 to 2 hours in advance; refrigerate, then saute just before serving.

- big pinch kosher salt
- 1 pund asparagus, woodey ends discarded
- 1 to 2 tablespoons olive oil
- lemon zest

Fill a large skillet with 1 or 2 inches of water. Bring to a boil over medium-high heat. Have a clean, dry towel ready.

Add the asparagus, adding water if necessary to make sure the vegetables are covered. Cook until just tender, 4 to 5 minutes for thin spears or 6 to 10 minutes for thicker spears. Use tongs to transfer the asparagus to the towel. and pat dry.

Use just enough oil to coat the bottom of the skillet and heat over medium-high. When hot, add the asparagus and salt and saute for 3 to 4 minutes, until they start to brown a little. Garnish with lemon zest and serve hot.

restaurant style asparagus was posted by wendi on 24 august 2009 at bonappetithon.com