

Vegetables

White Asparagus Flemish Style

Ingredients

60 AA white asparagus
10 eggs
500 gr cooked ham
100 gr parsley
700 gr butter
1 lemon

Preparation

1. Snap the base of the asparagus to remove the fibrous end then peel from the neck down.
2. Vacuum pack 10 pieces of asparagus with 40 gr butter. These will be steamed with the eggs as below.
3. Pick some nice leaves of parsley for garnish and set aside, chop the rest finely.
4. Slice the cooked ham into 1cm thick strips.
5. Take 3 of the cooled boiled eggs, sperate the yolk from the whites then grate finely.
6. Slice the remaining eggs into 5/6 mm thick slices, 3 slices per portion.
7. To make the sauce put 400 gr melted butter and 2 raw egg yolks into a foam gun, heat in the oven to 50°C for 20 minutes, use 2 gas inserts and shake well.
8. Plate the dish as shown on the picture.

Cook according to following method:

- Steam – 100°C – 100 Fan – 10 Mins
- Note - Insert eggs
- Steam – 100°C – 100 Fan - 2 Mins
- Note - Insert asparagus
- Steam – 100°C – 100 Fan – 11 Mins

Recommendation for tray

[1/1 GN Steamfry basket](#)



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