



Roasted asparagus in beurre blanc

25'
Hands on

15'
Cook Time

2-4
Portion(s)

2
Difficulty



Ingredients

For the asparagus

- 250 g asparagus
- 50 g olive oil
- salt
- 3 tablespoon(s) parmesan cheese, grated

For the beurre blanc

- 40 g white wine
- 40 g vinegar, white wine
- 2 tablespoon(s) onion, finely chopped
- 1 teaspoon(s) thyme, finely chopped
- 1 bay leaf
- 50 g heavy cream 35%
- 1 pinch salt
- 1 pinch pepper
- 240 g butter, ice-cold, cut into 1 cm cubes

Method

For the asparagus

- Preheat the oven to 180°C (350° F) set to fan.
- Peel the lower half of each spear with a peeler, just before you reach the tip.
- Rinse the asparagus and snap off their tough ends with your hands.
- Add them into a [baking pan](#) along with the olive oil, the salt, the parmesan, and roast them for 15 minutes.

For the beurre blanc

- In a [saucepan](#) over medium heat add the wine, the vinegar, the onion, the thyme, the bay leaf, and boil for 5 minutes until there are 2-3 tablespoons of the mixture left.
- Add the heavy cream, the salt, the pepper, and boil for 1 more minute.
- Lower the heat to minimum and add the butter by 2-3 cubes each time, stirring constantly.
- Keep adding the remaining butter, a few cubes at a time, making sure that the previous batch hasn't melted completely when adding the next.
- You shouldn't increase the temperature of the mixture a lot as the sauce will split. So, you should regularly remove the saucepan from the heat to keep it a little cool.
- The sauce should have the consistency of a Hollandaise sauce.
- Remove the mixture from the heat, check the seasoning, and pass the sauce through a sieve so that there will be no onion pieces left in it.
- Pour the sauce over the asparagus and serve.

Διατροφικός πίνακας

Nutrition information per portion

| | | | |
|---------------------------|-----------------------|------------------------------|---------------------------|
| 573 Calories (kcal) | 58.0 Total Fat (g) | 36.0 Saturated Fat (g) | 3.5 Total Carbs (g) |
| 29% | 83% | 180% | 1% |
| 3.0 Sugars (g) | 6.7 Protein (g) | 1.4 Fibre (g) | 0.82 Sodium (g) |
| 3% | 13% | 6% | 14% |