



full belly farm california asparagus salad

FARM EGG, SPRING VEGETABLES AND NASTURTIIUM

- 2 lbs Full Belly Farm or other organic asparagus
- 1 lb english peas, shelled
- 1 lb fava beans, shelled
- 1/4 cup Champagne vinegar
- 5 large farm eggs (one for breading the yolks)
- 1/4 cup flour
- 1/4 cup fresh bread crumbs
- 1 pint of either grapeseed or peanut oil
- 1/4 lb unsalted butter
- Juice of 1 lemon
- Salt
- 1 cup Burrata cheese, from California
- 1 cup nasturtiums

Bring a large pot of salted water to a boil. Discard the tough bottom piece of asparagus and peel the asparagus. When the water is at a rolling boil add the asparagus and cook until tender but still lightly crisp, about two minutes. Remove the asparagus with a slotted spoon and shock in ice water. Once the asparagus is cool, pat dry and refrigerate. In the same water, blanch the peas until tender, about two minutes. Using a slotted spoon, transfer to ice water and shock just like the asparagus. Finally, blanch the fava beans last in the boiling water

and then shock. Peel the cooled beans. Keep the asparagus, peas and favas refrigerated until ready to finish the salad.

In a new pot of salted boiling water, add the Champagne vinegar and turn down to a simmer. Crack open the eggs in a small bowl and slide them gently into the simmering water. Poach the eggs for about 3 minutes and then submerge them in ice water. When the eggs are no longer warm gently separate the white from the yolks. Discard the whites. Whip one whole raw egg separately.

Set up three shallow bowls with the flour, whipped egg and the fresh bread crumbs. Roll the yolks in the flour, followed by the egg wash and finally the bread crumbs. Refrigerate the breaded egg yolks until ready to fry. Bring a small pot of oil to 350°. Warm four 11-inch salad plates.

Heat a small sauce pot until warm and add the butter. Heat the butter until it is nutty and fragrant but not burnt. Remove from the heat, add the lemon juice and salt to taste. Dress the asparagus, peas and fava beans with the brown butter and season to taste. Arrange the vegetables in a natural fashion on the 4 plates. Gently season the Burrata with a pinch of salt and place a dollop of Burrata in the center of each plate. When the oil has reached 350 degrees fry the egg yolks for 30 seconds until the bread crumbs are golden. Drain the egg yolks on paper towels and season with a pinch of salt. Cut the eggs in half and place the cut side up to expose the molten egg yolk. To finish garnish with the nasturtium greens and flowers and spoon some remaining brown butter around the vegetables.