

Asparagus Ceasar Salad

Let's dive back into the recipe for this incredible salad! The flavors are divine, and it can serve as a complete meal alongside some nice crusty bread. I mostly followed the recipe from Food and Wine magazine, but I did add some lettuce to the salad. Next time I make it, I'll try using less mayonnaise and adding some yogurt instead. I increased the garlic to two cloves. I used an entire can of anchovies, mashed three into a paste for the dressing, and used the others on top of the salad. I had some leftover dressing, which I used for another salad.

Ingredients:

Four to five asparagus will make one serving. It will make 4 to 6 portions.

2 pounds fresh asparagus
3/4 cup mayonnaise
1 oz. pecorino cheese grated about 1/4 cup
2 tsp Dijon mustard
2 tsp water
1 tsp. anchovy paste or 3 anchovy filets mashed into paste
1/2 tsp, grated lemon zest plus 3 Tbs. fresh lemon juice
1/2 tsp. black pepper
1/4 tsp. salt
1 large garlic clove grated
1/2 cup smoked almonds
Romaine letters

Directions:

Cut or break off the woody part at the end of each asparagus stalk. Bring a large pot of salted water to a boil. While the water is heating up, fill a large bowl with ice water. Add the asparagus to the boiling water and cook until it's crisp-tender, about two minutes. Transfer the asparagus to the ice water and let it cool for about five minutes. Drain the asparagus and pat it dry with a towel. I kept my asparagus rolled in a towel in the refrigerator until I was ready to serve the salad.

For the dressing, whisk together the mayonnaise, pecorino, mustard, two teaspoons of water, anchovy paste, pepper, salt, and garlic until the ingredients are well combined. Season with additional salt and pepper if necessary.

On a large platter, add some washed and torn Romaine lettuce. Top with asparagus and drizzle the dressing over everything. Sprinkle the salad with chopped smoked almonds, additional pecorino, and pepper..

Guten Appetit:

Recipe from Food and Wine Magazine (April 2025)

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