

Asparagus with Browned Butter and Poached Eggs

Source: AOL Recipes (Karen Barnaby)

This is definitely finger food - don't try to be refined about it by using a knife and fork. Poke the egg yolk with the asparagus. I call this topping for asparagus a *deconstructed* Hollandaise sauce. If you don't feel comfortable with poaching eggs, you can fry them instead, or you can omit them completely.

- 2 lbs. medium-sized asparagus
- Sea salt
- 4 TBS unsalted butter
- 1 TBS lemon juice
- 4 large, free-range eggs
- White vinegar
- 4 TBS freshly grated Parmesan cheese

DIRECTIONS:

Bring large pot of water to boil. Meanwhile, snap asparagus ends and gently tie asparagus into two bundles in two places with string. When water boils, add asparagus bundles + half a handful of salt. Cook till asparagus is just tender and bright green (about 4 minutes). Remove asparagus bundles from pot and immediately plunge into bowl of cold water. Continue running cold water over asparagus till completely cool. Drain well. Remove string and lay asparagus on a towel. You can do this several hours in advance. Just roll up the towel and place on a plate in the fridge.

15 minutes or so before serving, bring a deep frying pan with 4" (10 cm) of water to simmer - add a splash of vinegar. Crack an egg into small bowl and then slip the egg into the water. Repeat with the remaining eggs. Poach eggs for 4 minutes or till whites are firm.

In another frying pan heat butter over medium heat, swirling pan occasionally till the butter is a deep brown - immediately add asparagus and toss in the butter till heated through - add lemon + dash of salt to taste. Transfer to four heated plates - sprinkle with Parmesan - top each serving with poached egg and grind black pepper over this. Serve with lemon wedge on the side.

Serves: 4

Total Carbohydrates: 45.72

Total Carbohydrates Minus Fiber: 26.59

Carbohydrates per Serving: 11.43

Carbohydrates per Serving minus Fiber: 6.64