

HOW TO PREPARE

White Asparagus

Because of the way white asparagus is grown (underground and never exposed to sunlight), white asparagus spears are more tender, have a milder flavor, and develop a tougher skin than its green counterpart. Its unique attributes mean that you have to prepare white asparagus a little differently, including peeling the spears before you cook them!

WASH

1

Wash the asparagus thoroughly.



2

TRIM

Cut off the woody ends (about .5"-1") from each spear.

PEEL

3

Use a vegetable peeler to peel the tough outer skin. You can lay each spear flat and run the peeler blade down the length of the spear starting at about 1.5" from the top.



4

COOK

You can steam, boil, grill, or roast white asparagus once it is prepped. To boil, bring a large pot of water to a boil. Add 1 tbsp. salt, 1 tbsp. sugar, and about ¼ cup of lemon juice (to prevent discoloration) to the boiling water. Next, add the bundle of asparagus and cook for about 10-15 minutes or until the asparagus is tender enough to pierce with a fork. Once done, drain the water and remove the asparagus with tongs. You can add a variety of things to the finished asparagus including melted butter or hollandaise sauce.

