



## TODAY'S MAIN INGREDIENT

# ASPARAGUS IN PARMESAN BRONDO & SPRING VEGGIE SALAD

*This recipe is offered by Chef Ben Cooper of [Here & Now Brewing Company](#) in Honesdale, PA.*

The secret ingredient in making the following brodo (broth) is the Parmesan rind. When you buy Parmesan, consider purchasing a chunk with rind (not pre-grated cheese). Then, whenever you use Parmesan, save the rind for future Italian soups such as minestrone. To keep your Parmesan; wrap the rind and remaining chunk of cheese separately in wax paper, then in foil; store on the bottom shelf of your refrigerator; it will last a long time as long as it is not exposed to air.

### FOR THE BRODO (BROTH)

2 pounds asparagus  
1 Tbsp butter  
1 cup carrot, roughly chopped  
1 cup celery, roughly chopped  
1 cup onion, roughly chopped  
1 Tbsp black peppercorns  
3 bay leaves  
5 sprigs fresh thyme  
Appx. ¼ cup of white wine  
A generous piece of Parmesan rind (as much as 8 ounces) or other hard Italian cheese

**STEP 1** - Lightly peel the asparagus from the base of the stalk toward the crown or floret. Reserve the peels for the broth, and set aside the peeled stalks for the salad.

**STEP 2** - Heat a 4-quart or larger stock pot over medium heat and add butter. Sauté the carrots, celery, and onions until softened and fragrant. Deglaze with white wine.

**STEP 3** – Add 3 quarts of cold water, reserved asparagus peels and trimmings, peppercorns, bay leaves, thyme, and cheese rind.

**STEP 4** - Reduce heat to low and simmer for about 3 hours. While the broth is simmering, prepare the salad.



## TODAY'S MAIN INGREDIENT

# ASPARAGUS IN PARMESAN BRONDO & SPRING VEGGIE SALAD

*This recipe is offered by Chef Ben Cooper of [Here & Now Brewing Company](#) in Honesdale, PA.*

### FOR THE SALAD

Reserved, peeled asparagus spears, cut into 1-inch pieces  
8 oz of spring radishes, washed and thinly sliced.  
1 small bunch of ramps, cleaned and chopped fine (if available).  
2 Tbsp sherry vinegar  
¼ cup extra-virgin olive oil  
¼ cup shredded hard Italian cheese  
Salt & pepper to taste

**STEP 1** - In a large pot of boiling salted water, blanch the peeled, cut asparagus for 30 seconds. Then plunge into a bowl of ice water to stop the cooking.

**STEP 2** - Once cooled, drain cooked asparagus, add shaved radishes, and chopped ramps (if using). Season with sherry vinegar, olive oil, and cheese. Add salt & pepper to taste.

**STEP 3** – Add salad to a warmed soup bowl. Pour hot, strained broth into the bowl.

**STEP 4** - Garnish with fresh herbs. Serve and enjoy!

Share your favorite asparagus recipe with us by tagging @SeedsofNepa on Instagram, Facebook and Twitter!