



# Delicious asparagus melon cocktail



RECIPE SUGGESTION:  
Uschi Wetzel





# Delicious asparagus melon cocktail

Uschi Wetzel



## Ingredients:

1/2 head of iceberg  
lettuce

500 g white asparagus

10 g butter

100 g cottage ham

2 honeydew melons

200 g yoghurt  
(1.5 % fat)

1 tablespoon oil

2 teaspoons lemon juice

Salt/pepper

4 fresh figs

## Preparation:

Wash the asparagus, peel it and cut it into short pieces. Cook for approx. 15 minutes in water with a pinch of salt and butter. Clean and wash the iceberg lettuce and cut it into strips. Let it drip off well, or dry it in a salad spinner. Let the asparagus cool off and let it drip off in a sieve. Cut the cottage ham into strips. Halve the melon, remove the seeds with a tablespoon. Remove the pulp with a melon baller. Mix the melon balls with the lettuce strips, the asparagus pieces and the ham strips and arrange them in the melon halves.

Mix the yoghurt, oil and lemon juice and season it with salt and pepper. Arrange the melon halves on plates, spread the marinade on them and garnish them with halved figs.



# Linguine with asparagus



RECIPE SUGGESTION:  
Gudrun Krockenberger





# Linguine with asparagus

Gudrun Krockenberger



## Ingredients for 4 persons:

500 g white asparagus

500 g green asparagus

200 g thick frozen beans

250 g cherry tomatoes

100 g feta cheese

6 sprigs of mint

5 tablespoons olive oil

400 g linguine

Salt

200 ml vegetable stock

Juice of ½ organic lemon

1 tablespoon butter

Pepper

1 tablespoon sugar

## Preparation:

Peel the white asparagus. Peel the lower third of the green asparagus as well. Cut off any stringy ends. Then cut the asparagus spears diagonally into slices about 1 cm thick. Cook the beans for about one minute in boiling water, then pour them into a sieve and rinse with cold water. Press the seeds from the legumes. Wash the tomato, halve it and roughly crumble the feta cheese. Wash the mint, dry it and strip it from the twigs. Heat two tablespoons of oil in a pan, and steam half the asparagus pieces in it at medium heat, while turning them until they acquire a slight colour. Put them on a plate. Cook the linguine in plenty of boiling salt water according to the information on the package. Pour the vegetable stock and lemon juice into a pan and bring it to boil. Add the asparagus pieces and cook for about 2 minutes. Then add tomatoes, bean seeds and butter. Boil briefly and season with salt, pepper and sugar. Pull the pan from the stove. Rinse off the pasta and return it to the pot. Mix it with the vegetable stock and half the mint. Then arrange it on four plates, sprinkle with feta cheese and the remaining mint, and drip on the remaining olive oil. I wish you success!



# Risotto with asparagus



RECIPE SUGGESTION:  
Annette Weber





# Risotto with asparagus

Annette Weber



## Ingredients:

500 g fresh asparagus

1 small onion

4 tablespoons olive oil

Approx. 200 g Risotto-  
round-grain rice "Arborio"

At least 500 ml warm  
vegetable stock

100 ml white wine

Fresh parsley

50 g freshly ground  
parmesan

Salt

Freshly ground pepper

## Preparation:

Peel the asparagus, cut it into 3 cm long pieces, wash it, and put the heads aside separately. Heat 2 tablespoons of oil and roast the diced onion in it to a golden yellow colour; add the asparagus pieces for 5 minutes while stirring.

Then add the remaining oil and mix in the rice; let it turn glossy. Then add the warm vegetable stock spoon by spoon and stir until the rice is firm to the bite (approx. 15 min.).

Then cool off with white wine and add the asparagus heads. Put the lid on the pot and let it infuse for 5 minutes.

Now first stir in the parmesan, spice with salt and pepper and spread parsley on it. Serve at once.

Chicken breast fillet is best with this. The risotto should only be prepared just before serving, since it will swell more if left for too long and may turn too soft.



# Asparagus cake



RECIPE SUGGESTION:  
Annette Weber



Schwetzingen



# Asparagus cake

Annette Weber



## Ingredients:

### Dough:

200 g flour, a little salt

100 g cold butter

75 ml cold water

Quiche mould 30 cm  
in diameter

### Topping:

1kg asparagus

200 g cooked ham

100 g ground cheese

2 eggs, 1 level table-  
spoon of starch

250 ml sour cream  
or heavy sour cream

Salt, pepper,  
Nutmeg

Chives

## Preparation:

Knead the ingredients for the dough and put it in a cool place for approx. 1 hour. Then roll out the dough and place it in the quiche mould. Puncture it several times with a fork. Peel the asparagus and cut it into pieces of approx. 3 cm; let it boil for approx. 8 minutes, pour it off and let it cool off. Mix eggs and sour cream, mix in the food starch and season with the spices.

Place the asparagus on the dough, add ham strips and pour the egg mass over it. Then sprinkle with cheese.

Bake at 180°C top and bottom heat for approx. 30-35 minutes until the mass coagulates and turns a light brown.

Serve with salad.



# Salmon fillet with roasted asparagus in saffron stock



RECIPE SUGGESTION:  
Mediterrane Kochgesellschaft





# Salmon fillet with roasted asparagus in saffron stock

Rolf Kienle / Mediterrane Kochgesellschaft



## Ingredients:

600 g salmon fillet  
in the skin

20 asparagus spears

100 g butter

2 g saffron threads

Juice from half a  
lemon

20 ml vegetable oil

Salt, pepper

## Preparation:

Cook the saffron threads in the asparagus stock for 20 minutes, add the asparagus and continue to boil for a few minutes, depending on strength. It should retain a consistency at which it can be roasted in the pan with a little butter afterwards.

Cut the salmon into even pieces and roast it at medium heat in the skin. When the salmon is almost roasted through, turn it briefly. Use salt, pepper and lemon for seasoning.

Create a foam from a little asparagus stock and butter with a hand blender. Put it on the plate with a spoon, place the asparagus on top and the salmon fillet on that. Fits well with new potatoes, Schupfnudeln or polenta.



# Spits with white asparagus and white tiger-prawns, Teriyaki style



RECIPE SUGGESTION:  
Mediterrane Kochgesellschaft





# Spits with white asparagus and white tiger-prawns, Teriyaki style

Rolf Kienle / Mediterrane Kochgesellschaft



## Ingredients:

8 asparagus spears  
Meisterschuss category 1

12 white tiger  
prawns, raw

1 tablespoon ginger in  
very thin slices

1 red chilli pepper,  
finely diced

2 limes  
(untreated)

1 tablespoon honey

30 ml sake

100 ml light soy sauce

2 garlic cloves, sliced  
(always use fresh  
garlic)

## Preparation:

Prepare a Teriyaki sauce of soy sauce, sake, garlic, chilli, ginger, juice of one lime and its zest. Peel asparagus, cut the spears into two evenly sized pieces and blanch them in salt water with a little lime juice and sugar. Then marinate in the Teriyaki sauce. Only cut open the prawns along the carapace and remove the intestine. Leave the shell on the prawns! Add to the asparagus in the Teriyaki marinade and cover it. Marinate it for a total of at least 60 minutes, or better 120 minutes; turn once during this time. Alternate between four asparagus pieces and three prawns on each barbecue spit. Use flat spits; they are easier to handle. Transfer the marinade to a pot and reduce it to about one quarter of its volume; filter out solid parts with a strainer and keep it warm. Roast the spits on the hot barbecue for approx. 3 minutes from either side. The asparagus should ideally still be a little firm to the bite and the prawns a little glossy in the middle. Add a little reduced marinade and serve.

Enjoy!



# Asparagus salad with strawberries and cress



RECIPE SUGGESTION:  
Mediterrane Kochgesellschaft





# Asparagus salad with strawberries and cress

Mediterrane Kochgesellschaft



## Ingredients for 4 persons:

1 kg white asparagus

Salt, sugar

100 g cress

500 g strawberries

½ bunch  
of lemon balm  
(chopped)

Peel of ½  
untreated lemon

6 tablespoons raspberry

vinegar

Pepper

8 tablespoons olive oil

## Preparation:

Wash and peel the asparagus and cut it into pieces. Cook in salted water with a pinch of sugar for 10-15 minutes.

Wash the cress, dab it dry and pull off the leaves. Wash, clean and quarter the strawberries. Pour off the asparagus, let it drip off and cool a little minutes.

Mix the prepared ingredients. Mix lemon balm, lemon peel, vinegar, salt, pepper and oil, pour it over the ingredients, mix again, season and serve.



# Roasted asparagus with spined loach fillet



RECIPE SUGGESTION:  
Mediterrane Kochgesellschaft





# Roasted asparagus with spined loach fillet

Mediterrane Kochgesellschaft



## Ingredients for 4 persons:

250 g tomatoes

500 g medium asparagus

4 spined loach fillets  
(approx. 150 g each)

1 small bunch  
of basil

50 ml olive oil  
100 g shallots  
(finely diced)

2 garlic cloves  
(finely diced)

Salt, pepper  
(from the mill)

## Preparation:

Skin tomatoes, remove cores from them and quarter them. Cut peeled asparagus diagonally into pieces about 5 cm in length. Remove any fish bones from the fillets. Put aside a few basil leaves, cut the rest into fine stripes.

Roast the asparagus pieces until slightly brown on all sides in olive oil that must not be too hot, for 10 minutes while turning them, add onions and garlic and steam for 2 minutes. Add tomato quarters, let them grow hot, salt and pepper.

Salt and pepper fillets and roast in olive oil at strong heat for 2 minutes on either side. Caution: Do not let them dry out. They should still be slightly glassy on the inside.

Prepare fish on pre-heated plates, mix basil stripes under the vegetables, prepare vegetables around the fish and decorate with basil leaves.



# Asparagus in puff pastry



RECIPE SUGGESTION:  
Spargelhof Max Brenner





# Asparagus in puff pastry

Spargelhof Max Brenner, Kl. Krautgärten 5



## Ingredients for 4 persons:

4 slices of deep-frozen  
puff pastry (approx.

300 g)

8 asparagus spears

Salt

2 spring onions

4 slices of cooked ham  
(approx. 125 g)

100 g ground  
Emmental cheese

1 yolk,  
(scrambled with  
2 tablespoons water)

## Preparation:

Defrost the puff pastry. Pre-heat the oven to 225°C. In the meantime, peel the asparagus and cook it firm to the bite in salt water. Cut the spring onions into rings.

Roll out the dough plates on a flour-coated worktop to about 30x60 cm. Put on one slice of ham each, then sprinkle on onions and cheese. Put 2 asparagus spears in the middle of each dough plate. Fold the dough across it at the wide sides and roll up longitudinally.

Put the packages on a cold-rinsed tray and coat with egg yolk. Bake in the oven (middle rail, circulating air 200°C) for 20-25 minutes.



# Asparagus-ham cream with ribbon noodles



RECIPE SUGGESTION:  
Spargelhof Fackel-Kretz-Keller





# Asparagus-ham cream with ribbon noodles

Fackel-Kretz-Keller family,  
Invalidengasse 6-8, D-68723 Schwetzingen



## Ingredients for 4 persons:

250 g ribbon noodles

800 g white asparagus

1 medium-sized onion

200 g cooked ham

200 ml cream

2 yolks

50 g ground Gouda

cheese

of basil

## Preparation:

Cook the noodles firm to the bite. Cut the peeled white asparagus in 2 cm sized pieces and do not cook it too softly.

Peel and chop the medium-sized onion, and finely dice the ham. Roast both in rapeseed oil until a golden brown. Then add the asparagus. Scramble cream with yolk, Gouda cheese, a little salt and pepper, fold it under the asparagus ham mix and heat it up again (do not boil again). Mix in ribbon noodles and serve sprinkled with basil.



# Asparagus lasagne



RECIPE SUGGESTION:  
Spargelhof K. Welde-Brandenburger



*Schwefelzungen*



# Asparagus lasagne

K. Welde-Brandenburger, Hebelstraße 8,  
68723 Schwetzingen



## Ingredients for 4 persons:

1 kg peeled asparagus

15 Lasagne plates

50 g flour, 50 g butter

250 ml chicken stock

250 ml asparagus  
blancher water

100 g sheep's cheese

2 tablespoons lemon  
juice

Salt, pepper

50 g Parmesan or  
150 g Gouda, ground

## Preparation:

Cut asparagus into pieces about 3 cm in length. Blanch in boiling water for up to 2 minutes. Pour off, collect water from boiling. Wash asparagus with cold water, let it drip off minutes. Heat butter in a pot, bake flour in it lightly golden while stirring. Keep stirring while adding water from boiling and stock. Let this cook slightly for a few minutes. Stir in the slightly crumbled sheep's cheese. Spice the sauce with salt, pepper and lemon juice. Put a little sauce into a baking dish. Put 5 Lasagne plats on it. Put one third of the sauce and half the asparagus on it and sprinkle on half the cheese. Put on further Lasagne plates and pour on the second third of the sauce. Put on the remaining asparagus pieces.

Put on the remaining plates and pour on the sauce. Sprinkle on the rest of the cheese. Bake in the oven on the bottom level at 170-190°C (recirculation) for 50-60 minutes.

Let it rest for about 10 minutes before serving.



# Gratined asparagus with chicken fillet



RECIPE SUGGESTION:  
Spargelhof Kiefer





# Gratined asparagus with chicken fillet

Kiefer, Allmendsand 1, D-68723 Schwetzingen



## Ingredients for 4 persons:

1.5 kg white asparagus

Salt, pepper,  
a pinch of sugar

1 tablespoon oil

4 chicken fillets

Fresh chopped herbs

1 pack of sauce  
Hollandaise

## Preparation:

Peel asparagus and cut off the ends. Cook in water with salt, sugar and butter for 15 minutes. In the meantime, season the chicken fillets with salt and pepper, heat oil and roast the fillets for 5 minutes from either side in it, then take them out. Also take the asparagus from the cooking water and let it steam off a little.

Cut the chicken meat into slices. Grease the casserole dish well, put in asparagus and chicken slices, evenly spread Sauce Hollandaise on it and sprinkle with herbs. Gratinat at 200°C for 15 minutes. Take out and serve with mashed potatoes at once.