

AJ's Cornish Asparagus with Poached Egg and Romesco Sauce



FEATURED IN KEEPING CONNECTED 20



Ingredients:

250g asparagus, trimmed

4x free-range eggs

4 tbsp romesco sauce

1 tbsp extra virgin olive oil

Romesco Sauce

100g charred red peppers

100g peeled, plum tomatoes

1 clove garlic

30g almonds blanched

30g hazelnuts blanched

60g extra virgin olive oil

1 tbsp sherry vinegar

1 tsp smoked paprika

1 tsp salt

Method:

1. To make the romesco sauce, blitz the almonds, hazelnuts in a food processor to the consistency of fine bread crumbs. Place in a bowl.
2. Then blitz the tomatoes, garlic and roasted red peppers. Now add to the nuts along with the olive oil, sherry vinegar, paprika and seasoning.
3. Trim and prep the asparagus, then blanch and refresh for 3 minutes in well salted boiling water.
4. For the poached eggs, bring a deep saucepan to a simmer, and add 1 tbsp of white wine vinegar, crack the eggs into small espresso cups. Once simmering and visible bubbles rising swirl the water with a slotted spoon and drop the egg into the whirlpool. Cook for 2-3 minutes and lift out, white should be set and yolk soft to touch.
5. To reheat, heat a pan over medium-high heat, and cook the asparagus in plenty of olive oil.
6. Serve the asparagus with a good pinch of sea salt, black pepper, poached egg on top with a generous serving of the romesco sauce.