Enjoy last gasp of asparagus crop



A Question of Taste

By Hilary Keating Callaghan

spicy sandwiches — a contrast which emphasized its delicate flavor and texture. In keeping with its appearance in spring, it is a light rather than a rich, heavy cream soup. It is well worth worth the spice of the Consult any good cookbook, and you will find that the only recipes given for asparagus are of the simplest type — perhaps dressed with hollandaise or butter and lemon juice if served hot or with a vinairette or mayon. a vinaigrette or mayon-naise if served chilled.

It is always pointed out that these treatments al-low the delicate flavor of the slender asparagus One word of caution—asparagus contains some sulfur, which spoils the taste of wine. If you wish to serve wine with a meal including asparagus, serve the asparagus as a separate first course and accompany the remainder of the meal with the wine. the slender asparagus stalks to shine through. The assumption is that The assumption is that you are fortunate enough to be working with young, tender asparagus. The reality of the situation, however, is that you are likely at times to be faced with hulking clubs rather than tender spears. It might be that your particular grocery store always seems to be the final stop of the produce truck where the dregs are unloaded.

Perhaps you just sent the wrong person to the store.

2 eggs
4 tbsp. grated Romano cheese
Freshly ground pepper
Pasta:
6 qts. water
6 tsp. salt
1 lb. rigatoni Whatever the reason, there is a bright side to this situation. Even over-grown, over-the-hill asperagus has a wonderful flavor. The old saw, "There's no such thing as a bad beer — just some better than others" applies to asparagus as well as to beer. When confronted with overgrown asparagus, you can feel free to depart from the reverent, lightly dressed approach.

IT WAS EXACTLY un-der such conditions that I discovered the recipe for rigatoni with asparagus, beaten eggs and toma-toes.

Although more of a composed recipe than those for the lightly dressed stalks, the accompanying ingredients are simple enough to complement rather than mask the sliced asparagus. This is an unusual, light pasta dish — well worth trying with what remains of the asparagus crop.

Another recipe you might want to try as the asparagus season draws to an end and selection is poor is cream of asparpoor is cream of aspar-agus soup from "Moose-wood Cookbook." It took me several years to try this recipe. I would spend about 10 months of the year awaiting asparagus season so that I could season so that I could make this tempting-sounding soup. When the asparagus months ar-rived, however, I would back down. It seemed a sinful waste of fresh as-

Fortunately, this year I had enough overly mature asparagus left — even after making the above pasta dish — to warrant "wasting" it in a

wasting" it in a

soup.

I think it was the most delicious cream soup I have ever eaten! We enjoyed it preceding hot, card them. Break off the

HAVE YOUR SWEETS AND STILL WATCH YOUR DIET...

asparagus tips and set them aside. Chop the stalks and cook them with the onions in the but-

stalks and cook them with the onions in the butter, salting them lightly. After about 8-10, when onions are clear, sprinkle in the flour. Continue to cook over lowest possible heat (use a "waffle" heat absorber, if you have one) 5-8 minutes. Add water or stock. Cook 8-10 minutes, sitring frequently, until thickened. Puree the sauce bit-by-bit with the milk in the blender. Blend it until thoroughly smooth. Return the puree to a kettle, preferably a double boiler, and add dill, salt; white pepper and tamari. Heat the told it or gook it. As it heats, steam or saute the asparagus tips until tender, but very green. Add these, whole, to the soup. Serve as immediately as possible. RIGATONI WITH AS-PARAGUS, BEATEN EGGS, AND TOMATOES

Byrd's by Vivian Byrd

Vivian Byrd signs off with farewell column

the end of these paragraphs. However, the second difference is the more important; this column is to say good-bye, for it is my last one.

All of the aspects of producing a food column have been great fun, from searching out or concocting recipes, through shopping for ingredients, preparing the dishes, taste-testing, then the writing, etc. The tasting, of course, went straight to my hips, and had to be followed by some dieting.

During the nearly two years that I have been writing this column, I have met some wonderful, interesting people who have shared their stories and recipes generously. The letters and phone calls from readers were great, and I loved receiving every one of them, whether they contained compliments, questions, recipes or complaints.

However, even though it has been

There are two major differences between today's column and all the other columns that have appeared on these pages under my name since Oct. I, 1879.

The first difference is the more obvious; there are no recipes included at the end of these paragraphs. However, the second difference is the more important bis column is to say end-up.

available somewhat less time than it would prefer to spend with my family, or to pursue other projects. As a result, I have decided to stop writing the column and use those hours, which heretofore have been devoted to producing the column, to play baseball with my children or pursue some other equally fun endeavor.

I shall miss all the lovely people at the Observer & Eccentric and especially shall miss opening the paper on Mondays to see how the Stopping Cart editor Ellic Graham has smoothed my paragraphs.

I hope each of you has found a recipe or two in this spot that interested you or ledy on on to their thankers of the control of the contr

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Saute the garlic in the olive oil in a large frying pan 'over medium heat until golden and then discard the cloves. Mash the tomatoes with a fork and add them to the flavored oil. Add the salt and cook, stirring from time to time for 15 minutes or until reduced and dark-ened in color. Boneless Beef Stew Meat Armour GRADE A Butter Basted - Rotisserie Size Hen Turkevs

Break off and discard the tough bottoms of the asparagus and cut the rest into bite-sized lengths. Cook in abun-dant, boiling salted water until tender but still slightly crisp. Drain thor-oughly.

Beat the eggs right in the serving bowl or platter. Add the cooked, cooled asparagus, abun-dant ground pepper and the cheese.

Serves 6

Sauce: ½ cup olive oil . 2 garlic cloves 1 cup peeled plum toma-

1/2 tsp. salt 1 lb. fresh asparagus

Cook and drain the pas-ta and add immediately to the asparagus and eggs. Toss gently, letting the heat of the pasta cook the eggs. Add the tomato toss again and

CREAM OF ASPAR-

2 cups water or stock 1% cups chopped onlon 6 thsp. butter 6 thsp. flour 6 tbsp. flour
%-1 tsp. dill weed
1% lb. fresh asparagus
4 cups scalded milk
1 tsp. salt
White pepper
Dash of tamari



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