

HOW TO MAKE

Asparagus vol-au-vent with parmigiano cream

Shopping list	Step	What to do	What you need (serves 6)	Marguerite's tip
<ul style="list-style-type: none">• 3 eggs• 2lb puff pastry• 24 green asparagus• 3 oz butter• 4 oz grated parmigiano• Salt and pepper• 3 TBS heavy whipping cream	1	<p>Pre heat the oven at 420 degrees Fahrenheit. Separate white from yolk, whisk the yolk with a little water. Cut 24 circles or squares from the rolled out puff pastry. Cut a little window in the center of 12 of them. Make 6 puff cases as follow, gluing the layers with egg white: two layers without window plus two layers with window on top of them. Brush with the yolk. Refrigerate 15 minutes before baking for 10 minutes. Cool before removing the cooked "windows".</p>	<ul style="list-style-type: none">• 1 egg• 2 lb puff pastry	
	2	<p>Wash the asparagus and cut each one in three. Melt the butter in a pan (on medium) and place the asparagus in it, add 1/2 cup of water and cook for 10 minutes. Season.</p>	<ul style="list-style-type: none">• 24 asparagus• 2 oz butter• Salt and pepper	
	3	<p>Prepare the parmigiano cream: prepare a bain-marie, place it on medium on the stove. On the bain marie whisk the eggs and cream and melted butter together until they become foamy and thicker. Add the parmigiano. Season.</p>	<ul style="list-style-type: none">• 2 eggs• 1 oz melted butter• 3 TBS heavy whipping cream• 4 oz parmigiano• Salt and pepper	
	4	<p>Assemble and serve.</p>		