

313 MAIN STREET
AMES, IA 50010
515.233.4272

M-W 9:30am-6pm
TH 9:30am-8pm
FR 9:30am-6pm
SA 9:30am-5pm



Spring Asparagus Tart

Serves 6

Spring has arrived! That means it's time to enjoy fresh asparagus! This simple tart showcases asparagus to perfection -- savory, buttery, and beautiful. It feels elegant, but it's easy to prepare. Complementing the delicate asparagus spears in this tart are caramelized onions, and Gruyère and parmesan cheeses. Lemon zest and fresh tarragon further brighten this delicious pastry. So take a break, find a fresh bunch of spring asparagus, and let's get cooking!

Ingredients:

2 tablespoons olive oil, divided
1 red onion, thinly sliced
1/2 teaspoon salt, divided
1 sheet frozen puff pastry, thawed
1 tablespoon all purpose flour
1 large egg
1 tablespoon half-and-half
1/4 teaspoon ground nutmeg
1 tablespoon fresh lemon zest
1 teaspoon fresh tarragon, finely chopped
1/2 cup grated parmesan
1/2 cup grated Gruyère
1/2 bunch asparagus, (16-20 stalks)
trimmed, halved lengthwise
1/2 teaspoon fresh black pepper
1/2 cup micro-greens for garnish

Directions:

1. Heat a large non-stick frying pan over medium heat. Coat the pan with 1 tablespoon of the olive oil, add the chopped onion. Sauté gently for about 30 minutes, stirring every 5-10 minutes, until translucent and beginning to brown and caramelize. Sprinkle with 1/8 tsp salt and deglaze the pan with a teaspoon of water to gather all the flavor. Set aside.
2. Preheat the oven to 400 degrees F. Prepare the baking pan by lining a half sheet baking pan with parchment paper. Roll out the thawed puff pastry on a lightly floured surface to approximately 10" x 15." Transfer it to the lined baking sheet.
3. In a small bowl, whisk the egg with half-and-half, add the nutmeg, lemon zest, and tarragon. Spread the mixture over the puff pastry leaving a 3/4" border. Scatter the caramelized onions, and parmesan and Gruyère cheeses evenly over the top.
4. Toss the cut asparagus with the remaining olive oil in a large bowl. Lay the asparagus stalks on top of the pastry sheet in a parallel fashion in a single layer. Season the top with the remaining salt and the freshly ground black pepper.
5. Bake at 400° F until the border of the tart turns a nice golden brown, about 20 minutes. Let the tart cool for 5 minutes, sprinkle with the micro-greens and serve.

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