

Asparagus with Crumbled Feta Cheese & Fresh Tomato Caper Salsa

INGREDIENTS:

2 qts	Water (to boil)
2 qts	Ice water
1 lb	Fresh asparagus, trimmed ends
To taste	Kosher salt
To taste	Black pepper
4-5 spritz	Extra virgin olive oil
1 cup	Tomato Caper Salsa (recipe below)
4 oz	Feta cheese, crumbled
Dash	Aged balsamic vinegar to finish



PROCEDURE:

- Add water to a large pot and bring to a boil. Add salt to taste.
- *Blanch asparagus by placing in boiling water for 45 seconds. (*Blanching retains the color and does not wash out the nutrients if done quickly.)
- Remove asparagus from hot water and place in ice water for 1 minute.
- Remove asparagus from ice water and pat dry with paper towels.
- Arrange on tray for grilling.
- Season with Kosher salt, black pepper & spritz with extra virgin olive oil.
- Over hot coals, with no flame, wipe grill grate clean. Spritz grill with extra virgin olive oil and grill asparagus to caramelize and obtain grill flavor.
- Remove from grill and place on serving plate.
- Top each portion with tomato caper salsa and Feta cheese.
- Serve as a starter, a side dish or as a light entrée to accompany grilled fish or chicken.

Serves: 4

Chunky Caper Salsa

INGREDIENTS:

1 tsp	Garlic, minced
1 oz	Extra virgin olive oil
1 cup	Tomatoes, peeled & diced
¼ cup	Kalamata olives, pitted & chopped
¼ cup	Capers, drained & chopped
¼ cup	Parsley, fresh chopped
¼ cup	Basil, fresh chopped
1 ea	Lemon, zest & juice
To taste	Black pepper
4-5 dashes	Tabasco chipotle

PROCEDURE:

- Zest and juice the lemon.
- In a small pan, heat extra virgin olive oil over medium heat.
- Add garlic and sauté for 30 seconds until golden brown.
- Remove garlic from sauté pan and place into a glass bowl.
- Combine all other ingredients and stir together.
- Allow to rest 30 minutes at room temperature before using.

Serves: 4