

# Asparagus Arugula Salad

It's still asparagus season. Here's a wonderful feature salad! The earthy freshness of shredded raw asparagus with shaved fennel and tangy arugula is what makes this salad special. The salad is dressed with a rustic honey mustard dressing and finished with shaved Parmesan and toasted almonds.

Add a little cold smoked trout or smoked salmon to each plate along with a nice warmed artisan roll or baguette. This is a most satisfying and light meal!

**Preparation time: 40 minutes - Serves: 2**

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize your ingredients as you get started. I prefer to use a potato peeler to shred the asparagus. It takes a little time but I prefer the texture and the consistency when shaving the asparagus this way. I've also tried using the food processor or slicing with a knife. The peeler will give you the most consistent strips.

Be sure to wash your arugula. Use a mandolin for thin-slicing the fennel (if you've got one). You can also use a food processor for the fennel.

### Asparagus Arugula Salad

3 C. fresh arugula (washed and dried) Pack arugula tightly when measuring.

2/3 C. fennel bulb (shredded or thin-sliced)

1 bunch asparagus (washed)

#### Garnish for the Salad:

1/3 C. sliced almonds (toasted)

1/4 C. Parmesan (shaved)

### Dressing for Salad

1 T. minced shallots

2 T. red-wine vinegar

2 tsp. grainy mustard

3 T. high quality olive oil

1 tsp. honey

salt and pepper to taste

1/4 C. low-sodium vegetable broth

### Smoked Trout, Bread, and Apples

one 8 oz. package smoked rainbow trout  
(Smoked salmon is also great.)

1 small baguette or artisan rolls

1 crisp apple (cored and thin sliced)

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

It's all assembly tonight. There is no cooking to be done.

### Asparagus Arugula Salad

Place the washed arugula in a large serving bowl.

Add the shredded fennel and toss well.

Shave asparagus with a vegetable peeler. Hold the tough end of asparagus as you shave and peel toward the tip. Discard the tough (white) end of the asparagus. Add the shaved asparagus to arugula and fennel and toss again. Set aside. You'll dress it later.

### Dressing

Blend shallots, vinegar, mustard, oil, honey, salt, pepper and broth in small bowl or food processor. Mix well. You can also use a hand blender to make the dressing.

### Serve the Meal

About 15 minutes before you wish to dine, warm the bread, slice and place in a basket for diners to serve themselves.

Place a cored and thin-sliced apples on a separate plate.

Dress the salad now.

#### Garnish for the Salad:

Finish by sprinkling the toasted almonds and shaved Parmesan over the top of the dressed salad.

This is a delightful meal to linger over so I serve it family style.

Place everything in the middle of the table; salad, smoked fish, warmed bread and apple slices.

### What I've Learned from this Recipe

This is one of those times that it's fine to buy large, thick-stemmed bundles of asparagus since you're peeling or shredding it.

Let us know what you think and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)