

Asparagus, Spring onion, Cucumber and Herb Salad



ingredients

Dressing:

- 3 tbsp fresh lemon juice
- 1 tbsp red wine vinegar
- 1 tsp Dijon mustard
- 1 tsp coarse salt (try grinding "arctic pure")
- ½ tsp fresh ground black pepper
- ¾ cup extra virgin olive oil

Salad:

- 3 lbs trimmed asparagus
- 4 cups thinly sliced spring onions
- 3 cups ¼" cubes of peeled English cucumber
- 1 tbsp chopped Italian parsley
- 1 tbsp chopped chervil
- 1 tbsp chopped chives
- 1 tbsp chopped mint
- 2 tsp chopped tarragon

Method:

For dressing: whisk first 5 ingredients in small bowl. Gradually whisk in oil.

For salad: Fill large bowl with lightly salted ice water. Cook asparagus in large pot of boiling salted water until crisp tender, about 3 min

Drain, reserving 3 cups cooking liquid.

Transfer asparagus to ice water bath to cool.

Place green onions in another large bowl: pour hot reserved asparagus cooking liquid over onions, and let stand until cool, about 30 min.

Drain asparagus and spring onions well.

Transfer onions to paper towel and squeeze dry.

Combine green onions, cucumber and herbs in a mixing bowl. Add dressing. Toss to coat. Season with salt and pepper.

Arrange asparagus on platter. Spoon cucumber mixture over and serve.

