

# Ayurveda Parkschlösschen

## Spring Recipe 2010



(Serves 4)

8 spears white asparagus  
8 spears green asparagus  
16 small cherry tomatoes  
1 large lemon  
1 small onion  
2 Tbs. raw cane sugar  
1 Tbs. untreated rock salt, ground  
1 Tbs. white wine vinegar  
1 Tbs. orange juice  
1/4 tsp. black pepper, ground  
3–4 sprigs of tarragon  
1 medium-sized pear  
1 small, medium-hot red chili pepper  
1 Tbs. olive oil  
1 Tbs. pine nuts  
4 spears green asparagus for decoration

### Asparagus and Cherry Tomato Salad

Peel the white asparagus, and cut it diagonally into bite-sized pieces. Without peeling the green asparagus beforehand, cut it similarly. Bring the water to a boil in a saucepan. Cook the asparagus together with half the lemon, peeled onion, half of the sugar and salt for 7 minutes until the asparagus is firm to the bite. Remove the asparagus from the water with a slotted spoon, and plunge briefly into cold water, removing immediately. Drain in a sieve.

With a sharp knife, make skin-deep slits in the cherry tomatoes, cut out the stem, and blanch in the hot asparagus water. Remove from the water with a slotted spoon, and immediately drop into a bowl of cold water. The skin should practically slide off.

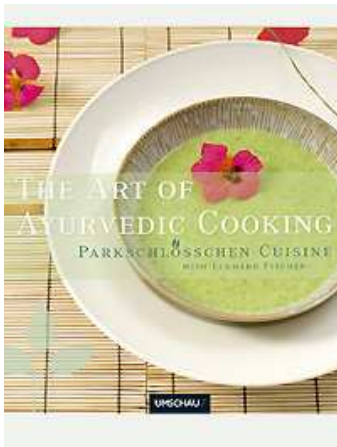
Using vinegar, together with the juice of the remaining half lemon, orange juice, pepper, salt, sugar and a little asparagus water, make a vinaigrette sauce. Strip the tarragon leaves from the stems, and add them to the sauce. Peel the pear, and cut it into small dice. Halve the chili pepper, remove the seeds, and cut it into fine strips.

Carefully cut the cherry tomatoes in half. Heat oil in a frying pan, and lightly sauté the pine nuts, chili and pieces of pear. Also sauté the tomatoes very briefly. Add everything to the vinaigrette, and marinate for about 30 minutes.

To Serve: The salad should be served on deep plates, with a whole green asparagus spear as decoration.

#### Tip:

This dish is well suited for Vata and Kapha. Pitta should sprinkle more olive oil on the salad.



You will find many more delicious recipes, tips on nutrition and information about Ayurveda und the Parkschlösschen in our cookbook, "The Art of Ayurvedic Cooking" with executive chef Eckhard Fischer.