

Asparagus omelettes with hollandaise

Omelette d'asperges



Light Dish



60-Minute Gourmet



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Here is asparagus and its popular hollandaise accompaniment with a difference.

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8 spears asparagus
Salt and pepper
3½ tsp lemon juice
4 large eggs

2 tbsp water
2 egg yolks
½ cup butter
Cayenne
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1. Place the asparagus spears on a flat surface. Cut off the bottoms so that all the spears are the same length.
2. Bring enough water to a boil in a skillet to cover the asparagus. Add salt to taste and ½ tsp lemon juice. Add the asparagus and cook 4-8 minutes or until done to taste. The cooking time will depend on the size and age of the asparagus spears.
3. Meanwhile, lightly beat the whole eggs, water, and salt and pepper to taste in a mixing bowl. Set aside.
4. Drain the asparagus and keep warm.
5. Put the egg yolks and 1 tbsp butter in a heatproof bowl. Blend together until creamy. Stir in the remaining lemon juice. Pour about 1-in. of water into the skillet in which the asparagus was cooked and bring the water to a simmer. Set the bowl in the hot water and remove the skillet from the heat.
6. Stirring constantly with a wire whisk, add 5 tbsp of the remaining butter in small pieces, waiting for one piece to melt before adding the next. When all the butter has been added, the sauce should be thick and smooth. Add cayenne, salt and pepper to taste. Set aside, in the pan of hot water.
7. Heat an 8- or 9-in. black steel skillet. Add 1 tbsp butter and when it has melted pour in half the whole egg mixture. Stir the mixture over heat with the rounded base of a fork and, at the same time, push the edges of the mixture toward the center. When the mixture has nearly solidified, stop stirring and let set for a few seconds.
8. Lift the edges of the omelette and shake the skillet to loosen the omelette from the bottom. Slide the omelette onto a plate. Place 4 asparagus spears on one half of the omelette and roll the omelette around the asparagus. Keep hot while you make and fill a second omelette in the same way.
9. Serve hot, with the hollandaise sauce. **2 servings.**