

ASPARAGUS FLAN

Chef Giancarla Bodoni, Escopazzo Ristorante Italiano, Miami Beach

Yield: 6-8 servings

ingredients

1 bunch asparagus
1 teaspoon salt
1 tablespoon olive oil
1 tablespoon butter
½ yellow onion, chopped
1 pint heavy cream
Salt and pepper to taste
5 large eggs, beaten
¾ cups **GranQueso**, grated

Fontiago Fonduta

1 pint heavy cream
Pinch white pepper
Pinch grated nutmeg
1 teaspoon fresh thyme
3 cups **Fontiago**, shredded
1 cup sautéed mushrooms (optional)
Truffle oil or truffle infused olive oil

method

- Preheat oven to 300° F.
- Trim bottom of asparagus stems (approx. 1") and discard. Cut asparagus into 1" pieces. In a medium saucepan, bring water to a rolling boil; add asparagus and salt. Blanch for 1 – 2 minutes, drain in colander, and rinse with cold water. Reserve asparagus tips for plate garnish.
- In a sauté pan, heat olive oil and butter. Add onion and sauté until translucent. Add asparagus, cream, salt and pepper. Simmer for approximately 10 minutes. Transfer mixture to a food processor and process until smooth. Allow mixture to cool for 5 minutes. Add eggs and **GranQueso**; process until ingredients are well combined.
- Grease ramekins with butter or non-stick spray, add asparagus mixture, and place in a *bain-marie* (ovenproof pan filled with simmering water – water level should be high enough to surround ramekins to within ½" of top). Cover ramekins with a sheet of parchment paper. Bake for approximately 30 minutes or until mixture is set. Meanwhile, prepare Fontiago Fonduta (recipe below).

Fontiago Fonduta

- Add first four ingredients to a medium saucepan. Bring to a boil, reduce heat and simmer for 5 minutes, stirring occasionally. Add **Fontiago**, stirring continuously until the cheese is incorporated in the sauce. Transfer mixture to a food processor or blender and process until smooth.
- For service, place warm flans on individual serving plates and drizzle with Fontiago Fonduta. Garnish plates with asparagus tips and sautéed mushrooms. Drizzle with truffle oil.

