



The secret to being a good cook is to use great ingredients. The secret to being a great cook is to use your ingredients with love. MH

Crispy Asparagus Fries

Preheat oven 425°F

1 pound asparagus, trimmed
2 eggs, lightly beaten
½ cup panko breadcrumbs
½ cup parmigiano reggiano (parmesan), grated
½ teaspoon sea
Freshly ground pepper, to taste

THE STEPS:

- Mix panko crumbs, grated parmesan, salt and pepper on a plate.
- Place the asparagus spears in the beaten eggs.
- One by one, coat them in the panko, parmesan, salt and pepper mixture.
- Place the asparagus in a single layer, on a wire rack, on a baking sheet.
- Bake until golden brown, about 13 - 15 minutes.
- Serve immediately by themselves or with your favourite dipping sauce.

THE LOVE: Use the freshest asparagus that you can find. If the spears look dehydrated at all your 'fries' will be tough and dry!