

K's Kitchen: Asparagus is the star

By Kathryn Reed

Make sure the marinade covers all of the noodles; otherwise you'll think this is rather bland. And feel free to use more asparagus, but then I'm not sure you could ever have too much asparagus.



The recipe below is from "Vegetarian Cooking for Everyone" by Deborah Madison.

I've used different noodles, so I would pick the Asian noodles you like best. My guess is the recipe would taste good over rice, too.

While I have not tried the marinade with other veggies, I can see this working with other vegetables or used on meat – or tofu.

Sesame Noodles with Asparagus Tips

The Marinade

$\frac{1}{4}$ C sesame oil

3 T dark sesame oil

7 T soy sauce

3 T Chinese black or balsamic vinegar

$3\frac{1}{2}$ T dark brown sugar

2 tsp chili oil

1 T minced ginger

1 garlic clove, finely chopped

$\frac{1}{4}$ C chopped cilantro

The Noodles and Asparagus

Salt

2 pounds asparagus, trimmed and thinly sliced on a diagonal

1 14-ounce package thin Chinese egg noodles

10 scallions, including the firm greens, thinly sliced

$\frac{1}{4}$ C sesame seeds, toasted until lightly brown

Mix the marinade ingredients together, stirring to dissolve the sugar.

Bring a large pot of water to a boil. Add salt and the asparagus. Cook until bright green and tender but still firm, just a few minutes. Scoop the asparagus out, rinse it under cold water, and set on a towel to dry.

Pull the noodles apart with your fingers, add them to the boiling water, and give them a quick stir. Boil until tender but not overly soft, tasting them often as they cook. It should take only a few minutes. Pour the noodles into a colander and immediately rinse under cold water. Shake off the excess water.

Toss the noodles with all the marinade and most of the scallions, sesame seeds, and asparagus. Mound them in a bowl or on a platter, then garnish with the remaining asparagus, scallions, and sesame seeds.