

Spring Harvest Vegetable Ragout

Serves 8

INGREDIENTS

Vegetable Ragout

1 bunch asparagus:
(halved lengthwise if really thick)

2 bunch baby heirloom carrot:
peeled and halved lengthwise

1 bunch spring radish: sliced in half

12 pieces red + white pearl onion:
blanch whole onion, and then peel.
Cut in half

½ cup shelled sweet peas

¼ cup, cold unsalted butter
2 cloves garlic, sliced

1 tbsp basil, chiffonade
1 tbsp parsley, chopped finely
2 tbsp tarragon, chopped finely
1 ½ tsp freshly grated lemon zest
1 tsp fresh lemon juice
salt & pepper to taste

METHOD

Vegetable Ragout

Bring a pot of well-salted water to a boil. Set up a bowl with ice water. Blanch the carrots in the boiling water, approximately 1 ½ minutes.

When they are cooked but still have some crunch, plunge them immediately into the ice water. Use the same process for remaining vegetables. The sweet peas will only take 30 seconds.

1. In a sauté pan over medium-high heat, add the butter and melt, about 1 minute. Add in garlic, and season with salt and pepper. Add in blanched vegetables, and cook all the way through. Add in fresh herbs, lemon zest, and juice.
2. Season to taste with salt and pepper.