



Nienburger Spargelteller (Nienburg asparagus platter)

LOWER SAXONY

Ingredients

For 4 people

2 kg asparagus

440 g smoked ham

2 kg new potatoes

175 g butter

3 egg yolks

3 tablespoons white wine

Lemon/lemon juice

Salt

Sugar

Caraway

Pepper

Method

The Nienburg asparagus platter features asparagus, smoked ham, new potatoes and melted butter or Hollandaise sauce.

Start by washing the new potatoes in water using a firm brush.

Boil in a pot with plenty of water, salt and some caraway for half an hour until soft. Peel the asparagus thinly starting from the head and simmer gently in water for around 10–15 minutes with a little salt, sugar, butter and half a lemon. For the Hollandaise sauce, melt approx. 150 g of butter in a saucepan. Use a whisk to whip the egg yolks and the white wine in a bowl over a pan of hot water until foamy and then slowly stir the melted butter into the yolks one tablespoonful at a time. Finally, season with a little lemon juice, salt and pepper.

Cut the smoked ham into thin slices, arrange with the potatoes and asparagus on a plate, cover with the Hollandaise sauce and enjoy!

Bon appétit!

Wine recommendation

A dry Silvaner with a moderate acidity and medium body is the perfect accompaniment.