

# Chickpea Pancake & Asparagus Salad

## INGREDIENTS

- 1 cup chickpea flour
- 1 TBL olive oil
- 1 tsp. Diamond Crystal kosher salt
- 1 cup water
  
- 10oz asparagus, lightly cooked
- 1-2oz snow peas, lightly cooked
- 1 tsp. tahini
- 1 tsp. lemon juice
- 1 tablespoon olive oil
- 2 tablespoons chopped pistachios
  
- 2 cups fresh or frozen green peas
- 1 clove garlic, grated
- 1/4 cup olive oil
- 1/2 tsp. lemon zest
- 1 tablespoon lemon juices
  
- Torn mint leaves (for serving)

## DIRECTIONS

In a medium-sized mixing bowl, whisk together the chickpea flour, olive oil, salt and water. Set aside for 30 minutes to hydrate.

Cut woody ends off of the asparagus. Coarsely chop. Remove strings and stems from snow peas, then cut in half.

Heat salted water in a medium-sized pot to boiling. Add the frozen green peas and cook until tender, about 4 minutes. Use a slotted spoon to remove peas to a bowl.

Using the same water, cook snow peas and asparagus until tender, but with some bite, 1-2 minutes. Drain. Pat dry. Then, transfer to a small bowl.

In a small bowl, whisk together the tahini, 1 tsp. lemon juice and 1 tablespoon olive oil. Pour on top of the lightly cooked snow peas and asparagus. Toss to coat, mix in the pistachios.

Grab the bowl of lightly cooked green peas and grate in 1 clove of garlic, 1/4 cup olive oil, 1/2 tsp. lemon zest, 1 tablespoon of lemon juice, and 1/4 tsp. kosher salt and a little pepper. Use a fork to smash the mixture and make a thick spread.

Place a 10-inch cast iron skillet in the oven and heat oven to 475 degrees F. Carefully remove the skillet from the oven and add 1 tablespoon of oil. Swirl it around, then pour in the chickpea batter. Place the pan back into the oven and bake pancake until set and crisp around the edges, 18-20 minutes. Use a spatula to transfer to a plate.

Spread the pea mixture over the pancake. Spoon dressed asparagus mixture over top. Finally, top with mint and lemon zest and season with salt and pepper.

<https://www.bonappetit.com/recipe/chickpea-pancake-with-pea-salad>



# Shaved Raw Asparagus Salad

## INGREDIENTS

- 1 LB large asparagus
- 1/2 cup grated Parmesan Cheese
- 1.5 tablespoons lemon juice
- 1 tablespoon warm water
- 2 tablespoons olive oil
- salt & pepper

## DIRECTIONS

1. To the medium-large sized bowl, add the lemon juice, water and olive oil. Add the grated Parmesan and mix.
2. Trim the woody ends off of the asparagus. Use a vegetable peeler to shave the asparagus into thin strips. Add the asparagus to the bowl. Toss to coat. Season with salt and pepper and toss again. Serve right away.

*Note: this recipe can be doubled.*

<https://www.foodandwine.com/recipes/shaved-raw-asparagus-parmesan-dressing>



# Asparagus Goat Cheese & Tarragon Tart

## INGREDIENTS

- 1 cup soft goat cheese, at room temperature (about 4 oz)
- 1 large egg, lightly beaten
- 1 large clove garlic, finely grated
- 1.5 TBL chopped fresh tarragon, plus more for serving
- 1/2 TBL finely grated lemon zest
- 1/2 tsp. sea salt, plus more for sprinkling
- Pinch of nutmeg
- 1 cup creme fraiche, room temperature (8oz)
- Flour to dust work surface
- 1 sheet puff pastry, thawed if frozen
- 8 oz thin asparagus, trimmed
- Olive oil
- 2 TBL grated parmesan
- Black pepper
- Red pepper flakes
- 1.5 oz parmesan, shaved with a veggie peeler

## DIRECTIONS

Heat oven to 425 degrees F. In a medium bowl, mash together the goat cheese, egg, garlic, tarragon, lemon zest, salt and nutmeg. Using a whisk, beat in the creme fraiche until smooth.

On a lightly floured surface, roll out puff pastry into a 13x11 rectangle, about 1/8 inch thick. Move the dough to a parchment-lined cookie sheet. With a sharp knife, lightly score a 1/2-inch border around the edges of the puff pastry.

Spread the cheese mixture inside the scored border. Line up the asparagus spears on top and brush with olive oil. Sprinkle with salt and then the grated Parmesan.

Bake until the pastry is puffy and golden, about 25-30 minutes. Let it cool on the cookie sheet for a least 15 minutes or up to 4 hours before serving. Sprinkle with black pepper, red pepper flakes, shaved Parmesan and tarragon leaves. Drizzle a little oil on top.

<https://cooking.nytimes.com/recipes/1020920-asparagus-goat-cheese-and-tarragon-tart>

