



# Asparagus with Lemon Sabayon

At Le Manoir we always follow seasonality using British asparagus which is at its best in May.

The Lemon sabayon is a technique Raymond Blanc developed many years ago, which yields 3 times more than a classic hollandaise and 5 times less fat.

SERVES (YIELD):	4
DIFFICULTY RATING:	•
PREPARATION TIME:	5 MINS
COOKING TIME:	5 MINS

#### SPECIAL EQUIPMENT:

A large balloon whisk and a stainless steel bowl.

#### INGREDIENTS

##### For the dressing

1kg / 2 bunches English asparagus, medium thickness, woody stalks removed.  
60g / 3 egg yolks, organic/free range  
60ml / 4 tbsp cold water  
50g unsalted butter, melted, hot  
1g / 1 pinch sea salt  
1 pinch Cayenne pepper  
10ml / ¼ lemon, juiced

#### CHEFS NOTES

\*1 The addition of water will increase the volume of the sabayon foam.

\*2 You may be tempted to remove the sabayon from the heat as soon as it begins to thicken, but this may be too soon and the mixture will quickly deflate and separate. If however, you allow the temperature to rise above 80°C, the sabayon will be ruined and you will end up with scrambled eggs.

#### VARIATIONS

1 You can grill the asparagus and serve it with balsamic and shaved parmesan.

2 Poach asparagus and served with some wilted spinach and a poached egg.

3 This sabayon can be used as the basis for many other sauces: you can add herbs such as tarragon, basil and chives. Boil a finely chopped shallot with 4 tbsps of white wine vinegar until you have 1 tbsp left. Add it to the sabayon with some chopped tarragon to make Béarnaise sauce

#### METHOD

- 1 In a large bowl whisk the egg yolks and water (\*1). The mixture will expand to 4 or 5 times the original quantity. Place the bowl over a pan of boiling water and continue to whisk until it becomes thicker (\*2).
- 2 When the eggs are at a mayonnaise consistency remove from the heat and continue to slowly whisk in the butter followed by the rest of the seasonings.
- 3 Pass through a muslin cloth and reserve in a serving jug or bowl.
- 4 Trim the asparagus and cook in boiling water for 3-4 minutes, drain and arrange on the plate.

#### To serve

- 1 Serve the asparagus with the lemon sabayon.