

June 2009

Lisa Dupar of Lisa Dupar Catering and Pomegranate Bistro in Redmond, (<http://www.duparandcompany.com/>), began our Market Guest Chef Series last week. She prepared two delicious, cooling salads that were just right for the hot, sunny day.

Market shoppers crowded around her booth, listening intently to her tips and waiting eagerly for the samples. It's unfortunate we don't have a photo of the end results—the salads were as lovely to look at as they were delicious to devour.

As Lisa Dupar looked around the Market, she found some lovely sugar snap peas that she added to her asparagus recipe below. To make the peas even more appealing, she made a small diagonal slice across the top of each pea to remove much of the string while exposing all the little peas inside. It was a delightful effect.

She graciously agreed to share her recipes. We thank her.

Fresh Asparagus
with Southern “Hard Sauce”

*‘jarred’ local blue cheese dressing,
hard boiled fresh egg & bacon crumbles*

I could make a dinner out of this with good bread!

For 4 people

Ingredients:

2 bunches of asparagus – cleaned and “snapped” at the tender spot then blanched

1 cup of quality mayo

½ cup rice wine vinegar

Freshly ground pepper from a mill

10 oz of blue cheese crumbles

Bacon bits freshly made (or make them at breakfast on the weekend, chop & freeze for times like these!)

Hard boiled eggs

Method: you can mix this up right before eating OR in a clean empty jar double or triple this recipe put all ingredients in the jar. Shake vigorously. Put the lid on and keep up to 2 weeks.

My grandmother called this “hard sauce in a jar”. She would always take the last ½ cup of mayo left in the mayonnaise jar and make the dressing on top and shake until ready. She would serve this on warm spinach with eggs over medium and toast for dinner- Yum!