



White Asparagus with vegan Sauce Hollandaise & Herb Pancakes

⌚ Preparation time: 25 minutes
👨‍🍳 Cooking time: 15 minutes
Total time: 40 minutes

👤 Portions: 2

Ingredients (serves 2-3)

For the sauce Hollandaise

- 15 g (0.5 oz) margarine
- 15 g flour/ 0.5 oz (e.g. spelt flour)
- 150 ml (5 liquid oz/0.63 cups) unsweetened plantbased milk
- 50 ml (a dash/ 0.2 liquid oz) white wine (or more plantbased milk)
- 1 tsp. hot mustard
- 1 pinch of grated nutmeg
- Salt and (white) pepper to your taste
- Optional: 1 tbsp. yeast flakes (you could skip this)
- Lemon juice for individual seasoning (1-2 tsp)

For the golden, soft pancakes with herbes (6 pancakes)

- 300 g (2 3/8 cups or 10.5 oz) (spelt) flour
- 500 ml (2.1 cups) plantbased milk
- 1 pinch of salt
- 1/2 tsp. of turmeric (optional, but adds a great golden color to your pancakes)
- 1 bunch of chives and a handful of parsley
- Vegetable oil for frying the pancakes

For the asparagus

- 6 medium white asparagus spears **per serving** (so, you'll need 12-18 spears - up to the number of guests)
- 1-2 tsp. salt
- 2-3 tsp. cane sugar

Tip: Fresh white asparagus should be served immediately after cooking and not reheated. Therefore, I recommend to start this recipe by preparing the hollandaise sauce (simply warm it up again before serving and stir until creamy). In a second step prepare the pancakes, while already bringing the water for the asparagus to boil. Keep the pancakes warm in the oven until they are served. The asparagus should only be cooked at the end. Depending on the thickness of the spears, cooking asparagus takes about 15-18 minutes. If you go about it like this, the asparagus can be served hot and delicious with the herbed pancakes and creamy hollandaise sauce immediately after cooking.

Instructions (approx. 35-40 minutes)

1. Melt the margarine in a pot. Stir in the flour with a whisk and immediately add the plantbased milk slow and steady, stirring constantly. Continue stirring vigorously and let the sauce thicken. Then add a shot of white wine (or more plantbased milk) and let the sauce simmer for a few more minutes. Season the sauce with hot mustard, a pinch of nutmeg, salt and pepper. If you like, you can stir in 1 tbsp. of yeast flakes for even more creaminess and taste (optional). Season the hollandaise sauce with lemon juice and salt. Warm up the sauce again before serving and stir well. If necessary, stretch with a little more plantbased milk or water.
2. For the pancake batter, mix flour with the plantbased milk. Season it with a strong pinch of salt. A pinch of turmeric gives the pancakes a nice yellowish colour. Wash a small bunch of chives and some fresh parsley, cut into rolls and stir into the dough.
3. Heat a shallow pan with a little oil (max. 1 small tsp). Spread the hot oil in the pan by swivelling it. Put a scoop of pancake batter into the hot pan, swirl the batter thinly in the pan and fry for about 2 minutes until the batter comes off the rim. Turn the pancake over and fry for another 2-3 minutes until golden brown on both sides. Proceed in this way until the entire pancake batter is used up. Once the pan is hot, the addition of oil can be reduced to a few drops. Keep the pancakes warm in the oven at around 50-70 °C/ 120 - 160 °F fan until serving.
4. While the pancakes are frying, the water for the asparagus can already be brought to a boil. Use quite a large pot of water. Dissolve salt and cane

sugar in the water. Wash and peel the asparagus spears and cut off the hard/fibrous ends.

5. Put the asparagus in the bubbling hot water, close with a lid and cook the asparagus for about 15-18 minutes. The cooking time of asparagus varies depending on the thickness of the asparagus spears. Medium spears takes about 15-16 minutes. The asparagus is ready when the asparagus spears, placed on a fork, start to bend very gently. Remove the asparagus from the water immediately after cooking and serve.
6. Warm up the hollandaise again and stir vigorously (add some more liquid if needed). Put two pancakes on a plate for each portion. Fill each pancake with 3 asparagus spears, wrap the pancakes and serve them sprinkled with the delicious creamy hollandaise and plenty of sliced chives (or parsley). Serve with the rest of the hollandaise.

Enjoy this delicious spring dish!