



A LOCAL *Ontario food* EXPERIENCE

# recipe of the week

## asparagus 'milanese'

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Serves 4.

- 1 large bunch asparagus, well rinsed, with woody stems removed
- 4 duck (or chicken) eggs
- 1/4 cup grated Montasio cheese
- Pinch of dried chile flakes
- Good quality extra virgin olive oil
- 100 g butter from Stirling Creamery or Local Dairy
- 4 slices Niagara Specialties Prosciutto
- Salt and pepper to taste

Preheat oven to 400F.

Place 4 slices of prosciutto on one half of a large baking sheet and place your asparagus on the same sheet on the other side. Drizzle asparagus with olive oil and salt and pepper to taste. Roast until asparagus is tender and prosciutto has crisped up, about 8 minutes.

About 5 minutes before asparagus is finished cooking, heat a large, non-stick frying pan and add butter. Once butter begins to foam, crack the eggs into the pan and fry them gently until the yolk has just begun to set.

Remove asparagus from oven and place asparagus spears evenly over each of the four prosciutto slices. Top with a fried egg. Season with salt and dried chile and sprinkle each with 1/8 cup grated Montasio cheese.

Place baking sheet under broiler very briefly until the cheese browns slightly.

Finish with another drizzle of olive oil just before serving on four, warmed plates.

Enjoy for breakfast, brunch or dinner!



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Culinarium shopping list

1 large bunch asparagus  
1/2 dozen duck (or chicken) eggs  
Grated Montasio cheese  
Niagara Specialties Prosciutto  
Butter from Stirling Creamery or Local Dairy

Other

dried chile flakes  
Olive oil

[www.culinarium.ca](http://www.culinarium.ca)

