

Style of Wight Recipe Card **Light Bites**



ingredients

10 asparagus spears

Large handful of wild garlic leaves,
thoroughly washed

150ml Isle of Wight rapeseed oil

Half wheel of Isle of Wight cheese
company's 'Borthwood'

150ml double cream

30g salted butter

1 egg

Plain flour Breadcrumbs

Salt and Pepper

I.W. Asparagus with foraged wild garlic, 'Borthwood' cheese sauce and fritter

method

Blanch the wild garlic leaves (young leaves if possible) in boiling water for 30 seconds. Remove and plunge into iced water to refresh. Allow to dry on a tea towel, and chop finely.

Blend together with the rapeseed oil and seasoning, strain through a muslin or clean J cloth.

Snap the asparagus at the natural break point to remove the tough lower part. Carefully peel around the base of each spear to remove the tougher skin.

Take half of the cheese and roughly chop. Slowly simmer in a small sauce pan with the cream and seasoning until the cheese melts and a thick sauce comes together.

Strain to remove the small pieces of remaining rind. Keep warm.

Chop the remaining cheese and form with your hands into 2 balls. Roll these in flour, beaten egg and then breadcrumbs to form a complete sealed coating. You can repeat the egg and crumb stages for a further secure coating.

In a shallow pan cook the asparagus with the butter and a good splash of water. Bring to the boil and simmer to evaporate the water. The spears will then glaze in the butter emulsion left in the pan.

Meanwhile deep fry the cheese fritters until crisp and golden.

To serve spoon the cheese sauce on to 2 plates, lay the asparagus on top and drizzle over the oil. Add the hot fritters and garnish with wild garlic flowers if the season allows.

Recipe by

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serves

2 people

prep cook

45 minutes

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of
Wight**

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