



# Asparagus With Black Pepper-Pecorino Zabaglione

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



471 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 24 jumbo asparagus trimmed peeled
- 4 egg yolk
- 10 flat parsley shredded finely
- 0.5 cup cup heavy whipping cream
- 0.7 cup plum brandy
- 1 teaspoon mustard prepared
- 6 tablespoons olive oil extra virgin extra-virgin

- 6 tablespoons pecorino cheese freshly grated
- 1.7 tablespoons pepper freshly ground plus more to taste
- 1 shallots minced
- 2 tablespoons sherry vinegar

## Equipment

- bowl
- paper towels
- whisk
- tongs

## Directions

- Bring 6 quarts of water to a boil and add 2 tablespoons of salt. Set up an ice bath nearby. Blanch the asparagus in the boiling water for 90 seconds. Using tongs, transfer the asparagus to the ice bath.
- Let cool, then transfer the asparagus to a plate lined with paper towels. Reserve the ice bath. In a small bowl, combine the shallots, sherry vinegar, mustard, and salt and pepper to taste. Gently whisk in the olive oil until the mixture is emulsified. Set aside. To prepare the zabaglione, in a stainless-steel bowl, whisk the egg yolks, 2/3 tablespoon of the pepper, and the Marsala until foamy.
- Place the bowl over simmering water and continue whisking until the mixture is thick, about 10 minutes. Set the bowl over the ice bath and whisk until chilled, 4 to 5 minutes. Whip the cream until stiff peaks form. Carefully fold the whipped cream, 4 tablespoons of the Pecorino Romano, and 1 tablespoon of the pepper into the chilled zabaglione. Refrigerate until ready to serve. To assemble the dish, place 6 spears of asparagus on each of 4 chilled dinner plates. Stir the parsley into the vinaigrette and drizzle it around and across the asparagus. Spoon a dollop of the zabaglione onto each plate and sprinkle with the remaining tablespoon of cheese and parsley.
- Serve immediately.

## Nutrition Facts

    
 PROTEIN 8.03%  FAT 79.37%  CARBS 12.6%

## Properties

Glycemic Index:46.25, Glycemic Load:1.21, Inflammation Score:-8, Nutrition Score:18.558695652174%

## Flavonoids

Petunidin: 2.65mg, Petunidin: 2.65mg, Petunidin: 2.65mg, Petunidin: 2.65mg Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg Malvidin: 37.93mg, Malvidin: 37.93mg, Malvidin: 37.93mg, Malvidin: 37.93mg Peonidin: 1.57mg, Peonidin: 1.57mg, Peonidin: 1.57mg, Peonidin: 1.57mg Catechin: 3.94mg, Catechin: 3.94mg, Catechin: 3.94mg, Catechin: 3.94mg Epicatechin: 3.02mg, Epicatechin: 3.02mg, Epicatechin: 3.02mg, Epicatechin: 3.02mg Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 14.2mg, Quercetin: 14.2mg, Quercetin: 14.2mg, Quercetin: 14.2mg

## Taste

Sweetness: 28.23%, Saltiness: 21.96%, Sourness: 33.43%, Bitterness: 17.51%, Savoriness: 15.19%, Fattiness: 100%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 470.84kcal (23.54%), Fat: 38.8g (59.68%), Saturated Fat: 12.82g (80.15%), Carbohydrates: 13.86g (4.62%), Net Carbohydrates: 10.88g (3.96%), Sugar: 6.49g (7.21%), Cholesterol: 235.82mg (78.61%), Sodium: 129.61mg (5.64%), Alcohol: 6.12g (34%), Protein: 8.83g (17.66%), Vitamin K: 98.98µg (94.27%), Vitamin A: 1679.18IU (33.58%), Vitamin E: 4.92mg (32.77%), Manganese: 0.56mg (28.04%), Selenium: 15.09µg (21.56%), Folate: 84.35µg (21.09%), Phosphorus: 209.08mg (20.91%), Vitamin B2: 0.33mg (19.43%), Iron: 3.37mg (18.74%), Calcium: 167.18mg (16.72%), Copper: 0.26mg (13.15%), Vitamin B1: 0.2mg (13.06%), Fiber: 2.98g (11.94%), Vitamin C: 9.42mg (11.42%), Potassium: 358.01mg (10.23%), Vitamin B6: 0.2mg (9.95%), Vitamin D: 1.49µg (9.9%), Vitamin B5: 0.99mg (9.89%), Zinc: 1.32mg (8.78%), Vitamin B12: 0.48µg (8.04%), Magnesium: 30.84mg (7.71%), Vitamin B3: 1.13mg (5.67%)