



Cook the Book: Asparagus with Butter and Soy

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



392 kcal

SIDE DISH

Ingredients

- 0.5 pound asparagus
- 2 large eggs at room temperature
- 2 servings kosher salt
- 2 servings sea salt such as maldon
- 2 tablespoons soya sauce
- 5 tablespoons butter unsalted at room temperature
- 2 teaspoons cold-pressed canola oil [i used]

- 2 servings vinegar white

Equipment

- frying pan
- sauce pan
- pot
- slotted spoon

Directions

- Fill a medium pot halfway with water and bring it to a boil over high heat.
- Add enough kosher salt so that the water is as salty as seawater. Meanwhile, fill a medium saucepan halfway with water, add a small splash of vinegar, and bring to a boil over high heat. Reduce the heat so the water simmers gently. One at a time, crack each egg into a small teacup with a handle and then slowly and gently slide the egg into the simmering water—the rim of the cup should actually dip into the water so that the egg doesn't have very far to fall. Adjust the heat so the water stays at a slow simmer. Cook for 2 to 3 minutes, until the white is just set and the yolk is still runny. Use a slotted spoon to transfer the eggs to a plate.
- Heat a 9-inch sauté pan over high heat. When the pan is very hot, drop the asparagus into the boiling water and cook for 25 to 30 seconds, less if the asparagus is very skinny.
- Drain the asparagus and gently shake them dry.
- Add the oil to the hot pan and swirl. Immediately add the asparagus and toss constantly for about 30 seconds, until they become slightly blistered in spots. Do not lower the heat.
- Add the soy sauce and shake the pan to coat the asparagus; as soon as it evaporates, remove the pan from the heat, add 1 tablespoon water, and immediately follow with the butter. Continue to toss the asparagus until the butter is melted, creating a dark golden brown emulsified sauce.
- If the sauce has broken, add up to a tablespoon of water and continue to toss until it comes back together. Divide the asparagus and the sauce between two plates, and top each with a warm poached egg.
- Sprinkle the eggs with a little sea salt.

Nutrition Facts



■ PROTEIN 10.91% ■ FAT 83.35% ■ CARBS 5.74%

Properties

Glycemic Index:48.5, Glycemic Load:0.78, Inflammation Score:-8, Nutrition Score:16.033913135529%

Flavonoids

Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

Nutrients (% of daily need)

Calories: 392.19kcal (19.61%), Fat: 37.3g (57.38%), Saturated Fat: 19.89g (124.28%), Carbohydrates: 5.79g (1.93%), Net Carbohydrates: 3.26g (1.19%), Sugar: 2.65g (2.94%), Cholesterol: 261.25mg (87.08%), Sodium: 1470.28mg (63.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.98g (21.97%), Vitamin K: 52.63µg (50.12%), Vitamin A: 2001.94IU (40.04%), Selenium: 18.48µg (26.4%), Vitamin B2: 0.43mg (25.16%), Vitamin E: 3.32mg (22.12%), Folate: 86.76µg (21.69%), Iron: 3.74mg (20.79%), Phosphorus: 189.97mg (19%), Manganese: 0.29mg (14.41%), Copper: 0.28mg (14.04%), Vitamin B1: 0.19mg (12.97%), Vitamin B5: 1.18mg (11.83%), Vitamin B6: 0.23mg (11.26%), Vitamin D: 1.52µg (10.17%), Fiber: 2.53g (10.1%), Potassium: 344.8mg (9.85%), Vitamin B3: 1.87mg (9.36%), Zinc: 1.37mg (9.12%), Vitamin B12: 0.5µg (8.41%), Vitamin C: 6.35mg (7.7%), Magnesium: 29.84mg (7.46%), Calcium: 67.76mg (6.78%)