

## The Chef's Table

### Grilled Aspergrass

1 Pound fresh thin asparagus washed and snapped  
2-3 Cups sweet water (instructions follow)  
Johnny's Salad Elegance® (Available on line if not in your local store)  
Extra virgin olive oil (EVOO)

Buy thin, fresh asparagus and thoroughly rinse it and snap it in two. Breaking it into two pieces at the point where it turns from white to green is better than cutting with a knife, but cutting is acceptable. Place the snapped asparagus in a bowl with enough sweet water to cover the asparagus. Be sure all asparagus is in the water. Allow it to soak for two hours or more at room temperature, or overnight in the refrigerator and bring it back to room temperature before cooking.

Drain asparagus thoroughly and place in a baking dish or other shallow dish and lightly coat with the EVOO, season liberally with the Salad Elegance® and toss being sure you have seasoning on all sides of the asparagus. Allow the asparagus to sit about twenty minutes or more before grilling.

Place asparagus on a preheated grill on high heat at ninety degrees to the grate to prevent it from falling through the grate. Cook just long enough to mark the asparagus and turn once to mark the other side and remove. Total cooking time is about two to three minutes. You want the asparagus to be hot through yet crunchy. Serve immediately and enjoy.

If you want to step this up a notch then top the asparagus with freshly grated or dry parmesan cheese before cooking and then a little after you remove it from the grill.

#### SWEET WATER:

To make sweet water place about ¼ cup of sugar in a bowl and add just enough hot water to dissolve the sugar. Then add cold water to make about one-quart total of sweet water. Use sweet water to add back into vegetables their natural sweetness they lose in the process of getting them from the farm to your table.