

# Prosciutto Asparagus appetizer

## **Ingredients:**

1 large Egg  
1 tblsp water  
Zest of 1 lemon  
¾ cup Parmigiano-Reggiano grated (for topping)  
5 sprigs fresh thyme (leaves only)  
1 pkg puff pastry (thawed 2-sheets)  
¼ cup flour (for dusting)  
5 thin slices of Prosciutto  
24 spears Asparagus (need 2 inches of each top)  
Flaky sea salt  
Coarsely ground black pepper  
½ cup Parmigiano cheese shredded  
½ cup Asiago cheese shredded  
½ cup Romano cheese shredded  
(note: it may be easier to buy an Italian cheese mix, it will work just fine)

## **Directions:**

Preheat Oven to 400° F. Line 2 baking sheets with parchment paper, set aside.

In a small bowl, whisk egg and cold water for the egg wash, set aside.

Cut slices of Prosciutto into long ribbons, then take 1 of the newly cut ribbons and spiral wrap it around a sprig of Asparagus, repeat until all 24 are complete, set them aside.

On a floured surface, unfold puff pastry, one sheet at a time. Cut into thirds (along folds), then cut each third into 4 equal pieces, if you performed this step correctly, you will now have 12 pieces of puff pastry, approx. 2"x2" each. Congratulate yourself for following instructions, then repeat with the 2<sup>nd</sup> sheet.

Sprinkle each square of Puff Pastry with a mixture of the Italian cheeses and 1 sprig of the Asparagus wrapped with Prosciutto. I usually place the piece of Asparagus diagonally on the piece of Puff Pastry (corner to corner), then fold the edges over the cheese and Asparagus, pinch to seal, place on baking sheet. Repeat until each baking sheet has 12 finished pieces.

Combine the grated Parmigiano, Lemon Zest, Thyme leaves, salt, & pepper in a small bowl, set aside.

Brush each piece of Puff Pastry with the egg wash, then sprinkle the topping you just made in the previous step over each one.

Bake 15-18 minutes, can be enjoyed by themselves. Or if you have some extra time, you can whip up a sauce for them.

## **Sauce (optional)**

This is a Dijon Beurre-Blanc Sauce, really works well with this appetizer

### **Ingredients:**

¼ cup dry white wine  
3 tbsps white wine vinegar  
2 tsps Dijon mustard  
½ shallot (peeled, finely minced)  
1 stick of unsalted butter (Chilled, cut into cubes)  
Salt and black pepper (to taste)

### **Directions:**

In a medium sauce pan, add wine, white wine vinegar, Dijon mustard and shallots.

Stir to combine, bring to a soft boil, lower heat to simmer and reduce to half (about 2 min).

Further cut heat to very low and add butter, continuously whisking the liquid.

Wait to add the next cube until the previous one has fully melted.

Remove from heat and season to taste.

Serve along side the asparagus.