

**Chef Jon Emanuel**  
**Project Angel Heart**

**Asparagus “Tips”**

- When choosing asparagus, reject if there are signs of moisture or breakage at the tips, or shrinkage or excessive woodiness at the base. Stalks should be rigid and snap easily if bent.
- Asparagus should be trimmed at the base. Trim at the point where the tender part of the asparagus meets the tougher/fibrous part toward the base.
- Asparagus may be trimmed even closer to the base and the fibrous outer layer removed with a vegetable peeler.
- All asparagus may be cooked in simmering, salted water until tender and moderately flexible (how long depends on the thickness of the asparagus), and then seasoned to your liking.
- If using asparagus in a cold salad, cook the asparagus in simmering salted water, drain when cooked and immerse in ice water to stop any further cooking. It is then ready for use in the salad.
- When grilling asparagus, the smaller and thinner stalks may be grilled from a raw state. Thicker stalks should be cooked first in simmering, salted water until nearly done and then finished on the grill to avoid burning.

Here’s a real simple recipe for grilled asparagus:

**Grilled Asparagus Provencal**

Serves about 4 as a side dish

1 lb fresh Asparagus, trimmed as above and partially cooked/chilled as above if stalks are thick.

2 T Pure olive oil

2 tsp Herbs de Provence (dry herb mix available at most supermarkets)

Kosher salt and cracked black pepper to taste

Combine all ingredients in a bowl and toss to combine. Preheat a gas or charcoal grill until hot. Place the asparagus perpendicular to the grill grates and cook, turning a few times, until slightly charred and heated through (usually around 4-5 minutes total).

Enjoy!

On CW2 we served this with a grilled pork chop. As a bonus, here's how we did the chop.

I think if more people knew about brining their meat before cooking it there might just be a salt shortage. It is a wonderful technique that imparts flavor and promotes juiciness. The water, salt and sugar in the recipe below are the core ingredients of any basic brine for pork, poultry or fish. You can use it as is or add flavors to it, as we've done below. Pork chops should be brined for 2-3 hours, chicken cuts 1-2 hours and fish for 30 minutes. Here's the method:

### Herb Brined and Grilled Pork Chop

Serves 4

4 Pork loin chops, about 1" thick  
½ gallon Water  
½ C Kosher salt (MUST be Kosher salt)  
¼ C Sugar  
1 Fresh rosemary sprig, about 5-6" long  
3 Fresh sage leaves, crushed  
4 Fresh flat-leaf parsley sprigs, stems included  
2 cloves Garlic, smashed  
6 Black peppercorns

Combine the water, salt and sugar in a pot. Bring to a boil and stir to dissolve the salt and sugar. (If you just want the basic brine with no flavorings, remove and chill the brine now). Add all remaining ingredients (except the pork) and reduce heat to a simmer for 5 minutes. Remove from heat and pour entire mixture into a non-reactive (plastic or glass) container that's big enough to hold the brine with the pork in it. Chill brine completely. Add the pork and allow to soak in the brine for 2-3 hours, turning after 90 minutes. Remove pork from the brine, discard the brine, and grill chops to your liking. Season with cracked black pepper, if desired, but there should be no need to add any extra salt. Enjoy!