



Colour Your Plate with
Asparagus

White Asparagus & Serrano Ham with Honey Mustard Dressing

白蘆筍配西班牙風乾火腿伴芥末蜂蜜醬

4 servings 4人份

Ingredients

JAMONESDESERON T.S.G Serrano Ham - 20 Months	4 slices
French White Asparagus	1 lb
SANT'AGATA Organic Raw Acacia Honey 250g	1 tbsp
HUILE DE NOIX J.LEBLAN Hazelnut Oil 250ml	3 tbsp
Edmond Fallot Dijon Mustard - Stoneware 105g	2 tbsp
Lemon Juice	1 tbsp
Snipped chives	1 tbsp

食材

JAMONESDESERON T.S.G 西班牙風乾火腿 - 20個月	4片
法國白蘆筍	1磅
SANT'AGATA 有機洋槐蜂蜜 250克	1湯匙
HUILE DE NOIX J.LEBLAN 榛子油 250毫升	3湯匙
Edmond Fallot 第戎芥末醬 - 瓶裝 105克	2湯匙
檸檬汁	1湯匙
細香蔥	1湯匙



Traditional Recipe
經典食譜





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Step

1. Trim the asparagus, then peel the stems with a potato peeler. Boil in salted water for 12-15 mins until the spears are tender. Drain well.
2. Whisk together the lemon juice, mustard and honey with some salt and pepper. Whisk in the oil, then stir in the chives just before serving.
3. Divide the warm or cold asparagus between 4 plates. Lay the ham on top and drizzle over the dressing.

步驟

1. 修剪蘆筍，然後用削皮器削去莖。在鹽水中煮沸12-15分鐘，直到長矛變軟。排水好。
2. 將檸檬汁，芥末醬和蜂蜜與一些鹽和胡椒粉一起攪拌。加油攪拌，然後在食用前加入香蔥攪拌。
3. 將熱或冷的蘆筍分成4盤。將火腿放在上面，然後灑上調味料。