

earth's
fruit

comes
full

circle

LDV

WINERY

Asparagus Rice Salad

Serves 6

Asparagus Rice Salad Ingredients -

1 can (14 1/2 - ounces) chicken broth
1/4 cup water
1 cup uncooked long grain rice
2 cups cut fresh asparagus (2 inch pieces)
3/4 cup frozen peas, thawed
3 green onions, sliced
1/3 cup pecan halves
2 to 4 tablespoons minced fresh cilantro
1/4 cup olive oil
3 tablespoons lemon juice
3 tablespoons sour cream (or crème fraiche)
1/2 teaspoon grated lemon peel
Salt and white pepper to taste
4 cups mixed greens or spinach



Asparagus Rice Salad Instructions -

Make rice. I use jasmine rice and a rice cooker. I thoroughly rinse the rice under cold water until the rice water runs clear. If you don't have a rice cooker, in a saucepan, bring broth to a boil. Stir in rice. Reduce heat; cover and simmer for 15 minutes or until tender.

Make asparagus. I like to grill asparagus by tossing them with olive oil, salt and pepper. Grill over medium heat until crisp tender. They can be made the night before. Otherwise, place one inch of water and asparagus in a skillet. Bring to a boil. Reduce heat, cover and simmer for 2 minutes until crisp. Add peas and return to a boil. Reduce heat. Cover and simmer for 2 to 3 minutes until crisp-tender. Drain. NOTE: If you grilled the asparagus, then just cook peas as above or according to package.

Make salad. In a large bowl, combine the rice, asparagus, peas, green onions, pecans and cilantro. Mix well. In a bowl, whisk the oil, lemon juice, sour cream (or crème fraiche), lemon peel, salt and pepper. Pour dressing over rice mixture and toss to coat. Cover and refrigerate for 1 to 2 hours. Just before serving, toss the rice mixture with the mixed greens or spinach and serve. Or plate mixed greens and put asparagus rice mixture on top of salad.

Wine Pairing Suggestion -

Asparagus is tough to pair with wine because of the amount of sulfur in the vegetable. However, the combination of the rice and dressing in this salad make it a good match with a crisp Sauvignon Blanc or LDV Winery Sky Island Viognier.