

Asparagus and Red Pepper



Recipe Rating	
Total Time	45 Minutes
Cooking Time	20 Minutes
Total Labour	25 Minutes
Knife Skills	Basic

Equipment
Chef's knife/Peeler/Cutting Board Spoon ½ size- 2" deep production pans Bulk Retherm Cart (or regular oven) or Plated Retherm Cart

Nutrition Facts Valeur nutritive	
Per 1 serv (137g) / par 1 serv (137g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 60	
Fat / Lipides 4g	6%
Saturated / satures .5g	
+ Trans / trans 0g	3%
Cholesterol / Cholesterol 0mg	
Sodium / Sodium 60mg	3%
Carbohydrate / Glucides 5g	2%
Fibre / Fibres 2g	8%
Sugars / Sucres 2g	
Protein / Proteines 2g	
Vitamin A / Vitamine A	
Vitamin C / Vitamine C	35%
Calcium / Calcium	2%
Iron / Fer	6%

	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Asparagus Spears, Fresh, 5 cm (2") cut	3 Kg	6.6 Lbs	6 Kg	13.2 Lbs
Red Pepper, Fresh, Diced	250 gm	8.8 oz	500 gm	1.1 Lbs
Oil, Olive, Extra Virgin	100 mL	3.4 fl oz	200 mL	6.8 fl oz
Garlic Powder	15 gm	½ oz	30 gm	1 oz
White Pepper	10 gm	1/3 oz	20 gm	2/3 oz
Salt	5 mL	1 tsp	10 mL	2 tsp
Water	1 L	1.1 quarts	2 L	2.2 quarts
Lemon Juice	60 mL	2 fl oz	120 mL	4 fl oz

Method



1. Wash and trim asparagus, as needed. Remove core and wash red peppers, dice fine.



2. Transfer asparagus and red peppers in 2 separate ½ size- 2" deep production pans with 500ml of water each. Cover with plastic wrap and aluminum foil.

Place both in Multigen for 20 minutes.

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When cooked, remove from Multigen and drain excess



3. Mix all ingredients together lightly. Divide portions equally into service dishware.

Serve Hot or Cold.



4. **Bulk:** Portion into service dishes or leave in bulk for dining room service.

Cold Plating: allow to cool and plate alone or as a side dish. Place on the hot (or cold) side of the tray prior to service.

Garnish: **Red pepper strips**

Food Accompany: **Appropriate entrée like fish or chicken**