

Croustade of Asparagus Hollandaise

"The Best of Rose Elliott, The Ultimate Vegetarian Collection"
Palm Beach Post

Servings: 6

2 pounds asparagus tips (thin if possible), trimmed

CROUSTADE

3 cups soft white breadcrumbs

1 1/4 cups cashews ground in a coffee grinder (or ground almonds or almond meal)

1 1/4 sticks butter

3 cloves garlic, finely chopped

1 small onion, finely grated

1 cup pine nuts

5 teaspoons water

HOLLANDAISE SAUCE

2 sticks butter, cut into chunks

4 egg yolks

2 tablespoons lemon juice

salt and black pepper

Preheat the oven to 400 degrees.

Make the croustade: Mix the breadcrumbs, ground nuts, butter, garlic and onion by hand or in a food processor. Stir in the pine nuts and water. Mix to make a dough.

Press the mixture down lightly into the bottom of a twelve-inch shallow ovenproof or pizza dish. Bake for 15 to 20 minutes until crisp and golden brown. Set aside.

Cook the asparagus in a little boiling water in a saucepan for 3 to 4 minutes or until tender. Drain.

Make the sauce: Melt the butter gently in a saucepan without browning it. Put the egg yolks, lemon juice and some seasoning into a food processor or blender and process for 1 minute until thick. With the motor running, pour in the melted butter in a thin, steady stream. The sauce will thicken. Let stand for a minute or two.

Pile the asparagus on top of the croustade. Pour the sauce over it and serve immediately.

Per Serving (excluding unknown items): 620 Calories; 65g Fat (91.2% calories from fat); 8g Protein; 6g Carbohydrate; 1g Dietary Fiber; 276mg Cholesterol; 514mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Fruit; 12 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	620	Vitamin B6 (mg):	.1mg
% Calories from Fat:	91.2%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	3.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	5.1%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	65g	Folacin (mcg):	35mcg
Saturated Fat (g):	34g	Niacin (mg):	1mg
Monounsaturated Fat (g):	20g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	7g	Alcohol (kcal):	0
Cholesterol (mg):	276mg	% Refused:	0.0%
Carbohydrate (g):	6g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	8g	Lean Meat:	1
Sodium (mg):	514mg	Vegetable:	1/2
Potassium (mg):	204mg	Fruit:	0
Calcium (mg):	43mg	Non-Fat Milk:	0
Iron (mg):	3mg	Fat:	12
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	4mg		
Vitamin A (i.u.):	2101IU		
Vitamin A (r.e.):	530 1/2RE		

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 620 **Calories from Fat:** 565

% Daily Values*

Total Fat 65g	100%
Saturated Fat 34g	169%
Cholesterol 276mg	92%
Sodium 514mg	21%
Total Carbohydrates 6g	2%
Dietary Fiber 1g	6%
Protein 8g	
Vitamin A 42%	
Vitamin C 7%	
Calcium 4%	
Iron 14%	

* Percent Daily Values are based on a 2000 calorie diet.