



## **ASPARAGUS TURNOVERS**

Serves 4

6 T cream cheese

Zest and juice of ½ lemon

1 T green part of scallions, chopped

¼ C grated Parmesan cheese

4 slices of prosciutto

12 asparagus spears trimmed to approx. 6 inches

1 ½ t olive oil

Salt and pepper

4, 5 -6 " puff pastry squares

1. Preheat oven to 400 degrees
2. Place the cream cheese, lemon juice and zest, chives and most of the parmesan in a bowl and mix together. Season with salt and pepper.
3. Divide the cream cheese mixture between the 8 squares, and spread it out over the middle of the square. Cover the cheese mixture with a slice of ham then place three of the asparagus spears diagonally on top of the ham.
4. Now fold the base of the pastry up over the bottoms of the asparagus spears, leaving the tips exposed. Brush the edges of the pastry on each side with a little water and fold each side in to form a pouch. Press down gently to seal.
5. Brush the top of the parcels and the asparagus tips with the olive oil and sprinkle with the remaining parmesan cheese.

6. Bake in the preheated oven for about 20 mins or until the pastry is golden brown and the asparagus spears are tender. Serve immediately

## **RISOTTO PRIMAVERA**

Serves 6-7

2 T butter or 2 tablespoons olive oil  
 $\frac{1}{2}$  C chopped shallots or  $\frac{1}{2}$  cup onion  
1 C Arborio rice  
 $\frac{1}{2}$  C dry white wine  
 $3\frac{1}{2}$  C Chicken Broth  
1 C broccoli florettes  
8 ozs. Frozen Peas  
 $\frac{1}{2}$  C shredded carrot  
1 t grated lemon zest  
2 T minced basil

1. Blanch the broccoli florettes in boiled salted water for 3 mins. Drain and cool in iced water. Drain and reserve.
1. Melt butter in a medium saucepan over medium heat. Cook shallots and rice, 3 minutes, stirring constantly.
2. Stir in wine and cook 3 minutes. Meanwhile, heat the broth until hot.
3. Add 1 cup hot broth to rice mixture, stirring until almost absorbed.
4. Continue adding 1 cup hot broth at a time, stirring until almost absorbed before adding the next.
5. Just before adding the last  $1\frac{1}{2}$  cups of broth, stir in all vegetables. Stir until broth is almost absorbed.
6. Stir in lemon zest and garnish with basil before serving, if desired.

## **MELON WITH RED ONIONS AND MINT**

Yield 4 servings

½ large honeydew or other melon  
½ C red onion, cut into thin  
slivers,  
¼ C fresh mint leaves, minced  
¼ C plus 2 T olive oil

2 T red wine vinegar  
¼ t salt  
¼ t fresh ground pepper  
Mixed Spring Salad Greens

1. **Cut** the melon into 1 inch slices. Trim away the rind and cut the flesh into 1 inch cubes.
2. **Place** the cubes in a large bowl with the onion and mint and toss gently. (The recipe can be made ahead up to this point and chilled for an hour or two, but no longer, before serving.)
3. **Mix** the olive oil, vinegar, salt, and pepper in a small bowl. Just before serving, pour over the melon mixture and toss gently. Serve over spring greens.

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