

Roasted Asparagus with Chile Citrus Butter

Source: Dacor Oven cooking class

Carolyn T's
Cookbook

Servings: 6



2 pounds asparagus
2 tablespoons olive oil
1/2 cup orange juice, freshly squeezed
1/2 cup lemon juice, freshly squeezed
3 tablespoons cold butter
1 tablespoon Cayenne
2 teaspoons lemon zest
1 teaspoon orange zest
salt and pepper, to taste

Categories: Vegetables/Sides

Carolyn T's Blog:

<http://tastingspoons.blogspot.com>

Per Serving (excluding unknown items): 127 Calories;
11g Fat (69.6% calories from fat); 2g Protein; 8g
Carbohydrate; 2g Dietary Fiber; 16mg Cholesterol;
61mg Sodium. Exchanges: 0 Grain(Starch); 1/2
Vegetable; 1/2 Fruit; 2 Fat.

Notes: This came from a Dacor oven cooking class I attended, when I learned a bit more about how to use a convection oven. This dish is ideal for the pure convection. If using a traditional oven, it may take a minute or two longer.

Description: Love the tang of orange and lemon

Preparation Time: 10 minutes

Start to Finish Time: 45 minutes

1. Preheat oven to 375° on pure convection, if available. Cut off the ends of the asparagus. Rinse to remove any dirt or debris. Dry them on a dry towel to remove all moisture and allow to sit at room temperature for about 30 minutes before proceeding.
2. Layer the asparagus in a flat pan and season with salt and pepper, then drizzle on some olive oil, and toss with your fingers to cover all of the asparagus.
3. Bake for 15 minutes if they are of medium thickness. Use fewer or more minutes depending on asparagus size.
4. Meanwhile heat a small saucepan containing the lemon and orange juice. Bring to a boil and simmer for about 5-6 minutes until the juice is reduced by half. Whisk in the butter, cayenne, salt and pepper. When asparagus is cooked, toss with this dressing and garnish with lemon and orange zest.