

Asparagus Bake

Recipe By Rivky Kleiman



Cooking and Prep:  1 h

Serves:  10

Contains:    

Preference: Parve

I love asparagus! Decided to try something different. Sure glad I did!

Difficulty: Easy

Occasion: Shabbat

Diet: Vegetarian

Source: Family Table by

Mishpacha Magazine

Ingredients (11)

Main ingredients

- 2 tablespoons canola oil
- 2 leeks, white part and first 1 inch (2 and 1/2 cm) of green part washed, cleaned, and diced finely
- 1 pound (1/2 kilogram) white asparagus, washed and cut into 1-inch (2 and 1/2-centimeter) pieces (bottom 1 inch trimmed)
- 1 teaspoon salt, divided
- 1/2 teaspoon black pepper, divided

- 3/4 cup flour
 - 1 teaspoon sugar
 - 1 cup non-dairy milk
 - 3 eggs
 - 1 tablespoon **Gefen Soy Sauce**
 - 1/3 cup **Gefen Cornflake Crumbs** *(optional)*
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Start Cooking

To Prepare

1. Preheat oven to 350 degrees Fahrenheit (180 degrees Celsius). Grease a 9-inch (23-cm.) round oven-to-tableware dish.
2. Heat oil in a large skillet over medium heat. Add diced leek and sauté for six minutes. Raise the heat and stir as you allow the leek to turn golden.
3. Add in the asparagus and season with half the salt and pepper. Continue to cook and stir for two additional minutes. Remove from heat and transfer to prepared baking dish.
4. In a medium-sized bowl place flour, remaining salt and pepper, non-dairy milk, eggs, and soy sauce. Whisk and mix into a smooth batter. Pour batter evenly over asparagus and leek mixture.
5. Sprinkle with cornflake crumbs if desired. Bake 45 minutes until golden on top.

Credits

Photography: Daniel Lailah.

Food Styling: Amit Farber.