

Asparagus Vol-au-Vents

Serves: 1

Prep time: 10 Minutes

Cooking time: 15 - 20 Minutes

Ingredients:

- ½ green shallot, sliced
- ⅓ cup milk
- cracked black pepper
- ¼ cup canned asparagus, chopped ***reserve liquid**
- 1 tablespoon butter
- 1 tablespoon plain flour
- ¼ cup grated cheese
- 1 teaspoon butter, extra
- 1 tablespoon chopped onion
- 1 tablespoon sour cream
- 1 small egg, lightly beaten
- 1 packet 2 medium size (75g) vol-au-vents cases
- Parmesan cheese, grated



These elegant vol-au-vents taste just as good as they look

Method:

- **Preheat oven 180°C**
- Add the shallots and milk to small saucepan, season with black pepper. Bring the milk to the boil then remove from heat, cover and set aside for 5 minutes. Strain
- Drain the asparagus, ***reserve the liquid (save the remaining asparagus for my chicken and asparagus recipe to follow)**
- Melt butter in another saucepan and add the flour and stir to a smooth paste, cook for 1 minute. Gradually add the strained milk, the reserved asparagus liquid and cheese. Stir over medium heat until cheese melts and sauce thickens. (This mixture will be quite thick)
- Heat the extra butter in a small saucepan, add chopped onion and cook for 1 minute until soft and transparent. Add sour cream, asparagus, cheese sauce and egg. Mix well
- Place the vol-au-vents cases on a wire rack on small baking tray
- Fill the cases with the asparagus mixture
- Sprinkle the grated parmesan cheese on top and bake in oven for 15-20 minutes, until golden brown
- **Serve and enjoy**