

Asparagus in Bacon with Béchamel Sauce

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The flavours of asparagus and bacon complement each other nicely, and the addition of a delicious Gruyere cheese Béchamel sauce completes this delicious meal.

Ingredients:

24 asparagus spears, thick ends removed
4 slices of back bacon
1 teaspoon vegetable oil, for frying in
1 tablespoon butter
1 tablespoon flour
½ clove garlic, minced
1 cup half and half
1 cup heavy cream
Salt, to taste
Pepper, to taste
Nutmeg, to taste
½ cup Gruyere cheese, grated
1 tablespoon chives, chopped, to garnish

Directions:

1. Pre-steam the asparagus; then refrigerate until cold.
2. Make four bunches of six asparagus spears each. Wrap each bunch in a slice of bacon.
3. In a skillet, heat the vegetable oil. Add the bacon-asparagus bunches and cook until the bacon is brown and crisp, turning frequently.
4. Melt the butter in another pan, then add the flour and combine to form a roux.
5. In a saucepan, combine the garlic, half and half and heavy cream. Bring to a boil. While boiling, gradually add the roux, and mix until smooth. Season to taste with salt, pepper and nutmeg.
6. Turn the heat off, then add the grated Gruyere cheese. Mix well.
7. Place each bacon-asparagus bunch on a plate, then pour some of the Béchamel sauce over top. Garnish with chives.

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