



Orange and Soy Glazed Asparagus

- 1 bnch Asparagus
- 2 each Oranges
- 3 oz Soy Sauce
- 2 T Sugar
- 1 T Sesame Seeds
- 1/2 tsp Red Chili Flakes
- 1 T Sesame Oil
- 2 T Light Oil (i.e. peanut, canola, grapeseed)

Trim woody/white part off the of asparagus. Zest one of the oranges and finely chop the zest. Cut the skin of one of the oranges then remove each of the segments. Juice the other orange.

Heat a large saute pan on high. Add light oil and asparagus. Let the asparagus sit without turning till it starts to brown. Turn and repeat. Add the sesame oil and sesame seeds. Cook for about 1 min till they start to brown slightly. Add juice, chilli flake, zest, soy sauce and sugar. Reduce while tossing occasionally till the asparagus starts to get a nice shiny glazed sheen, about 2 min. Remove from heat and serve.

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