

*Seasonal Foods: Asparagus | March 2008 | CCM Staff*

## ***Crispy Asparagus & Shrimp Noodle Bowl With Lemon Cilantro Pesto***

Serves 4

10 c low-sodium chicken broth  
 1 bulb fennel, coarsely chopped  
 2 carrots, coarsely chopped  
 ¼ c sliced, peeled fresh ginger root  
 ½ c Sherry  
 2 Tbsp brown sugar  
 2 Tbsp soy sauce  
 1 package (14-oz) fresh yakisoba noodles  
 ½ lb fresh asparagus spears  
 ½ lb large shrimp, cut into bite-size pieces  
 juice of half a lemon  
 2 Tbsp olive oil  
 1 clove garlic, minced  
 1 tsp red pepper flakes  
 coarse sea salt  
 freshly ground black pepper  
 Lemon Cilantro Pesto (recipe follows)

Simmer fennel, carrots, and ginger root in broth for about an hour over low heat until reduced to about 6 cups. Strain and discard the vegetables, returning broth to the pot. Add water if needed to yield 6 cups of liquid. Add Sherry, brown sugar, and soy sauce and keep warm.

Marinate shrimp in lemon juice, olive oil, garlic, pepper flakes, and sea salt for about 15 minutes.

Preheat broiler to high heat. Snap the bottoms off the asparagus spears and cut lengths into thirds. Toss with a light drizzle of olive oil to coat and arrange in a single layer on a baking sheet. Sprinkle with coarse sea salt and black pepper. Place under broiler and cook until crispy and toasted on top, about 5 minutes.

Return broth to a simmer. Add noodles and cook for 2 minutes. Remove from heat. In a stir-fry pan, over high heat, cook shrimp for about 2 minutes (just until cooked through). Divide noodles and broth between four bowls. Top with asparagus and shrimp. Top each serving with a teaspoon of Lemon Cilantro Pesto and serve remainder on the side.

### **Lemon Cilantro Pesto**

2 bunches cilantro  
 ¼ c virgin olive oil  
 juice of 1 lemon  
 1 tsp lemon zest  
 1 tsp sugar  
 1 tsp salt  
 1 tsp black pepper

Purée ingredients in a food processor until smooth.

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