

Sous Vide Garlic Parmesan Asparagus



Asparagus season is all too short, so I do my best to make the most of it. Cooking this veggie sous vide results in a fresh, vibrant color that really adds a bright pop to your dinner plate. The sous vide method retains asparagus's moisture while still producing a firm stalk cooked to perfection.

Author

Sous Veats

Carey Copeling created sousveats.com to discuss all things sous vide, from sharing ideas, to recipes and results. Before discovering sous vide, Carey hadn't been that into cooking, aside from BBQing in the backyard. In November 2015, he ordered his Anova and immediately cooked a steak – he was blown away with the results. Since then, his Anova hasn't gotten a rest. He's cooked everything he can – veggies, fish, chicken, lamb, sausage, pork belly, seafood, beef, more beef, infused beverages, eggs...the list goes on. Sousveats.com was created to share his experience with other passive cooks to see if the sous vide technique can be the conversion point to others as it was for him.

Prep Time: 00:05

Recipe Time: 00:14

Temperature : 185F / 85C

Ingredients

- 1 bunch green asparagus, trimmed
- 4 tablespoons unsalted butter, cut into cubes
- Sea salt
- 1 tablespoon pressed garlic
- 1/4 cup shaved Parmesan cheese

Directions

1. Set Anova Sous Vide Precision Cooker to 185°F (85°C).
2. Lay the asparagus in a single layer in a food-safe bag or use two bags if necessary.
3. Put the cubes of butter in the four corners of the bag and 1 tablespoon of garlic in the center. Add a few pinches of salt and seal the bag using your vacuum sealer or the water displacement method.

4. Massage the asparagus to distribute the garlic as evenly as possible then place the bag in the water bath and cook for 14 minutes.

Finishing Steps

1. Transfer the asparagus to a serving dish, drizzle with a bit of the cooking liquid, and plate.
2. Top with the Parmesan and serve immediately.