



*Schinkenspeck
Wrapped Spears*

The smoked flavors of cured ham with tender vegetables in a light mint dressing. Serves 4.

Ingredients:

8 fresh green asparagus spears, trimmed
4 thin broccolini spears, trimmed
1 yellow pepper, seeded and cut into julienne strips
8 thin slices of cured Freybe Schinkenspeck Ham
1 tbsp (15 ml) minced fresh mint leaves
1 tbsp (15 ml) minced fresh parsley
3 tbsp (45 ml) olive oil
1 tbsp (15 ml) freshly squeezed lemon juice
Salt and freshly ground black pepper to taste
Raspberries (for garnish)

To prepare:

1. Blanch asparagus and broccolini in boiling water for 2 minutes; plunge into cold water to stop the cooking. Drain and pat dry.
2. Divide asparagus, broccolini, and yellow pepper strips among 4 plates. Wrap each pile with 2 slices of Schinkenspeck to form bundles.
3. Blend remaining ingredients in a small bowl. Drizzle dressing over bundles and garnish with fresh mint and fresh raspberries if you wish. Serve immediately.