



FARMERS MARKET

37685 South Gratiot – Clinton Township, MI 48036 – 586.469.2525

Ham and Asparagus Vol au Vent

Serves 4

- 1 Tbsp. olive oil
- 2 cups left-over cooked ham, diced
- 12 spears asparagus
- 1 - 1 1/2 cups heavy cream (or lighter cream mixed with 1 Tbsp. cornstarch)
- 1 Tbsp. grainy mustard (start with 1/2 and add to taste)
- 6 frozen vol au vent shells, baked

Bake vol au vent shells according to package instructions.

While the shells are baking, heat olive oil over medium-high heat. Cut asparagus tips off, about 3-inches from the tip. Cut the remaining stalk (less the woody end), into pieces about 1/2-inch wide. Add all the asparagus to the pan and sauté until tender crisp. Add cooked ham and sauté for another minute or so.

Add cream and mustard (add 1/2 Tbsp. mustard to start and then more, to taste) and reduce heat to medium. Allow cream to simmer until reduced by half.

To serve, spoon filling into baked shells. Spoon sauce over top and top with a couple of the asparagus tips.

Credit: seasonsandsuppers.ca