
Spiced Asparagus

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Party Recipes from the Charleston Junior League - 1993

Servings: 6

1 bunch (about one pound) asparagus (thin stalks are best), trimmed

1/3 cup vinegar

1/4 cup water

1/4 cup sugar

1/2 teaspoon salt

3 whole cloves

1 stick cinnamon

1/4 teaspoon celery seed

Blanch the asparagus in a large pot of boiling water until crisp-tender, 3 to 5 minutes. Immediately plunge the asparagus into a bowl of ice water to stop the cooking. Drain well and place in a shallow dish.

In a medium size saucepan, combine the vinegar water, sugar, salt, cloves, cinnamon stick and celery seed. Cook over low heat, stirring frequently, until the sugar has dissolved.

Pour the marinade over the asparagus. Let it marinate for several hours or overnight in the refrigerator.

At serving time, remove the asparagus from the refrigerator and place on individual serving dishes or a platter.

Appetizers

Per Serving (excluding unknown items): 48 Calories; 1g Fat (11.6% calories from fat); trace Protein; 12g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 187mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fat; 1/2 Other Carbohydrates.