

Fresh Asparagus Sandwich

Good quality crusty bread

Fresh from the farm asparagus, raw (the thinner the better)

Fresh mayo (if you don't have time to make it yourself, at least buy the good stuff)

Shavings of good quality Parmesan cheese (excellent substitution: ricotta insalta)

Freshly ground pepper

Boston lettuce leaves or baby Arugula

Assemble and enjoy. A slight alteration of this recipe would be to toast the bread, avoid the mayo and add a freshly fried egg. Just a thought.

www.buffalorising.com