



Pan of Eggs with Vanilla Asparagus

Before the end of the asparagus season I propose you a fast and easy recipe that I invented a few nights ago to give more flavor to the simple fried eggs.

I have to spend a few lines on the eggs.

Lucio, my husband, was born and lived in the city and for him the "chicken coop" of our house in San Vito has always been off-limits. He did not want anything to do with the chickens. This world was occupied by my mother and then me. Lucio however, has always really liked eggs and appreciates the difference between ours and those you buy at the supermarket. Because of my other commitments, the problem of managing the hen house was always raised. Thinking about how good our eggs were, Lucio decided to overcome the resistance and come into contact with chickens.

I use the word contact because with the rooster and the hens, he has established a relationship that is reciprocated with the rooster crowing and clucking chickens. Our hens live in a space in which they find land to run around, running water that is always fresh, the shadow of the hedge that surrounds the network of the house, a little house with a ladder for sleeping, a soft place for hatching eggs. To these Lucio added the convenience for the chicken to walk out of the gate and move around in the grass surrounding the fence. The hens and rooster seem to like this little escape, and never turn down the chance. As a sign of gratitude they started to produce more eggs.

I introduced the vanilla in the recipe that blends in well with the flavor of the asparagus which can be a bit bitter.

1. Thoroughly clean the asparagus from the hard fibrous parts. Cut them into pieces.
2. Chop the onion finely. Pour the oil in a frying pan with the onion, sauté for 3 minutes. Add the asparagus and cook for 7 minutes, stirring often. Add the vanilla, salt, and pepper.
3. Prepare the baking tray 4 spaces away asparagus. Peel an egg into each space, add the salt and pepper. Cover with a lid and keep cooking for 5 minutes.
4. Uncover and with a spatula to put an egg into each dish with a little bit of asparagus.



PAN OF EGGS WITH VANILLA ASPARAGUS

Preparation: 15 minutes | Cooking time: 15 minutes

(Serves 4)

500 grams of asparagus (white or green)

4 eggs

1 small white onion or 2 shallots

1 vanilla pod (only the seeds inside or a few drops of vanilla extract)

2 tablespoons of extra virgin olive oil

salt and pepper