

## **Pan-fried Asparagus with Besan Bits**

serves 6-8

This Punjabi dish is traditionally prepared with one of several varieties of fresh beans. This is the New England version, only prepared when our fabulous local asparagus is in season.

**1 c. water**

**1/2 c. chickpea flour**

**2 tsp. garam masala**

**1 tsp. salt**

**2 T. ghee or olive oil**

**1/2 tsp. brown mustard seeds**

**1/2 tsp. red pepper flakes**

**1 1/2 lbs. asparagus, cut in 1 1/2" pieces on the diagonal**

**2 T. lemon juice**

**3 T. chopped cilantro**

Whisk together 1/2 cup of the water, the chickpea flour, garam masala, and salt. Set aside. Heat 1 T. of the ghee or olive oil in a large skillet over medium high heat. Add the mustard seeds and red pepper flakes and fry until the seeds begin to pop. Add the asparagus and saute for 2 minutes. Add the other 1/2 cup water, reduce heat to medium, cover, and cook for 3-4 minutes. Remove lid and add the lemon juice. Pour the chickpea flour batter around the edge of the pan. Don't stir. Cook until it firms up, about 2 minutes. Add the other tablespoon of ghee/oil to the asparagus and gently stir all the contents of the pan, stirring until the batter forms little browned bits, 4-5 minutes. Taste and add salt or more red pepper if you'd like. Serve immediately.