

The Inquisitive Palate

Interesting Foods & Wonderful Recipes

Egg Custard Sauce

1 1/2 cups half and half

6 large egg yolks*

1/3 cup sugar

1. In a bowl, whisk or beat together sugar and egg yolks until creamy.
2. In a heavy sauce pan, heat half and half over medium low heat until it simmers gently.
3. Gradually mix half and half into egg yolk mixture, then return mixture to same sauce pan.
4. Heat sauce over low heat until it thickens, about six minutes, being careful not to reach a simmer. Remove from heat stirring occasionally to release heat until sauce is room temperature. Cover and chill.

*I use leftover egg whites to give more lift to an omelet and to make [angel food cake](#).

Rhubarb Sauce

1 lb. fresh rhubarb stalks, rinsed and sliced in 1 inch pieces

4 tablespoons plus 1 teaspoon packed brown sugar or 3 tablespoons [agave sweetener](#)

1. Place rhubarb and two tablespoons of water in a heavy pot over low heat. Cover and cook until rhubarb begins to break down, approximately five minutes.
2. Stir in sugar or sweetener. Continue to heat until rhubarb has the consistency of sauce, approximately two minutes more. May be served immediately or cooled and served.

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Sautéed Asparagus

1 bunch asparagus (approximately 1 lb.) snapped, or cut, if not available*

1 tablespoon olive oil

and,

1 strip bacon, or,

1 tablespoon pistachio oil

1/4 cup shelled salted pistachio nuts

1. In a heavy pan or wok, heat bacon over medium heat until it gives up its fat. Remove bacon from pan and all but one tablespoon of fat. Save bacon for another use. Add 1 tablespoon olive oil to pan and raise heat to medium high. Or, if not using bacon, add olive oil and pistachio oil to pan and warm over medium high heat until shimmering.

2. Place pistachio nuts in skillet over medium heat and stir frequently until nuts begin to brown, approximately 4 minutes. Remove from heat. Chop lightly.

2. When oil is shimmering, add asparagus to pan and saute until they begin to brown lightly. Add pistachio nuts if using. Serve immediately.

**Why snapped and not cut? I asked. I was told by one of the farmers selling asparagus that the farmer must find the place on the stalk that is not woody before the stalk can be snapped. That way, the consumer only gets edible stalk.