



HOME COOKING


with Cathy

by **Cathy Abernethy**

**HOME PROMOTER
CONTRIBUTOR**

I am so glad to hear that people are enjoying the recipes which I have had the pleasure of contributing each month to Clarington Promoter. I chose a recipe this month which my good neighbours in Kendal provided. It sounded like a lovely spring pasta dish with lots of flavour and colour. A tossed salad and some wonderful bread is all you would need to make this a complete meal. I hope you enjoy!!

Fettuccine with Smoked Salmon and Asparagus

- 1 lb. fresh asparagus- cut into 1 inch pieces (cut tough ends first)
 - 3 Tbsp. butter
 - 1 cup heavy cream or 1 cup 2% milk if you prefer
 - Grated zest of 1 lemon
 - 4 oz. smoked salmon cut into thin strips
 - ¼ cup snipped chives
 - ¼ cup chopped fresh parsley
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- 1 ¼ lbs. fresh fettuccine
 - Salt and pepper to taste

Preparation:

1. Bring 6 quarts of water and 2 Tbsp. sea salt to a rolling boil.
2. Add 1 lb. fresh asparagus pieces to water and cook for 1-4 minutes depending on thickness of asparagus. (do not overcook)
3. Scoop out asparagus from water and rinse right away in cold water.
4. Return water to boil and cook 1 ¼ lbs. fresh fettuccine according to directions on package
5. Melt 3 Tbsp. butter in a large frying pan. Add asparagus and cook just to coat with butter.
6. Stir in 1 cup heavy cream or milk and grated zest of 1 lemon.
7. Drain pasta and add to skillet along with 4 oz. smoked salmon
8. Add chives, parsley, salt and pepper to taste.
9. Toss to combine and serve immediately.
10. Serves 4 main course servings.