

Sous Vide Asparagus Citronette with Crispy Pancetta

<http://blog.sousvidesupreme.com/2013/07/sous-vide-asparagus-citronette-with-crispy-pancetta-2/>



Serves 6

INGREDIENTS:

For the citronette

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| 1 | large orange, zest and juice |
| 1 | small shallot 薤, peeled and minced |



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| 2 teaspoons (10 ml) | Dijon mustard |
| 2 pinches sea salt | |
| 1 pinch freshly ground black pepper | |
| 1/3 cup (80 ml) | extra-virgin olive oil, plus a glug for drizzling |

For the asparagus

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| 2 pounds (907g) | asparagus, medium thickness stalks |
| 8 ounces (227g) | pancetta 煙肉, thinly sliced |

INSTRUCTIONS:

- Fill and preheat the SousVide Supreme to 190F/87C.
- In a small bowl mix together the orange juice, zest, and shallots and let macerate for 15 minutes.
- Stir the dijon mustard into the orange shallot mixture and slowly whisk in the olive oil.
- Season with salt and pepper and set aside.
- Warm a cast iron skillet over medium heat and cook the pancetta until crisp and caramelized, about 5 to 7 minutes. Put on paper towels to blot off grease and set aside until ready to serve.
- Peel the asparagus and trim the woody ends.
- Put the trimmed asparagus into cooking pouches 蒸煮袋 in a single layer and drizzle with a bit of olive oil and vacuum seal.
- Submerge in the water bath and cook for 4 minutes. Pull the bag out of the water bath, open the pouch immediately and put into a serving dish.
- Pour the citronette over the asparagus and toss. Crumble the cooked pancetta over the top and serve immediately.