

Spring vegetables in a Court-Bouillon

Serves 4 as a side dish

Court-Bouillon (pronounced *koor bwee-YAWN*)

1 medium onion, diced

3 cloves garlic, bruised

juice of ½ lemon (reserve other half)

¼ cup olive oil

½ tsp whole coriander seeds, toasted until aromatic

1 ½ cups dry white wine

¾ cup water

salt and pepper to taste

bouquet garni: *1 sprig of thyme, 3 or 4 parsley stems, 1 bay leaf and 6 whole peppercorns wrapped in cheesecloth or bundled together with a couple of leek leaves and tied with kitchen string*

Heat the olive oil in a saucepan over medium heat. Add the onions and cook until translucent. Add the remaining ingredients and simmer, uncovered, for 20 minutes. Discard the bouquet garni.

Vegetables

6 baby carrots, peeled and left whole

½ cup mushrooms, wiped clean and quartered

½ cup small shallots, peeled and quartered

½ cup fresh peas

2 very ripe tomatoes, peeled, seeded and quartered

1 bunch asparagus (prep instructions below)

Garnish

freshly chopped parsley

drizzle of extra virgin olive oil

Gently simmer the carrots, mushrooms, shallots and peas, one variety at a time, in the court-bouillon until just tender. (Don't be tempted to throw them all in at once; carrots need lots of time; peas do not.) Remove the

