



# Warm Salad of Asparagus, Prosciutto & Fresh Cheddar Curd with Baby Capers

*The recipe comes straight from the kitchen of Middleton's own chef Vicki Matchett. It incorporates freshly steamed asparagus, crispy oven baked Prosciutto and delicate fried morsels of Cheddar Curd. These three ingredients marry perfectly with slight acidity from Matchett's Goddess salad dressing, with hints of lemon and saffron, finished with a touch of salty bitterness from the Baby Capers. This seductive salad will show off your inner Goddess, serve at your next outdoor barbeque to impress those who love to eat something local.*

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## groundwork

On the day you will need 25 minutes preparation time, allow 25 minutes cooking time. Serves 4

## elements

2 bunches asparagus

6-8 slices prosciutto

60 ml of Matchett's Goddess salad dressing

125 gm Alexandrina Fresh Cheddar Curd

2 Tbsp Baby Capers to dress

## technique

- Lightly steam the asparagus until just tender.
- Refresh the asparagus in iced water to quickly stop the cooking process and this helps the asparagus retain a bright green colour.
- Drain and set aside.
- Gently fry the Fresh Cheddar Curd until light-brown and slightly warm, taking care that the pan stays on low, and it doesn't get too hot.
- Allow Fresh Cheddar Curd to cool on a paper towel.
- Grill or oven bake the prosciutto until crispy, taking care that it doesn't get too dark.
- Allow prosciutto to cool and chop roughly into strips.
- Arrange the asparagus spears on individual plates, or on a salad platter.
- Just before serving, drizzle the asparagus with Matchett's Goddess salad dressing.
- Scatter the Fresh Cheddar Curd over the asparagus steams, leaving the tips exposed.
- Dress the salad with the capers.
- Top with the prosciutto and serve immediately.



**Calcium Hero of the Dish | Fresh Cheddar Curd** is simply a fresh, unmatured curd of the Cheddar cheese. It is made in an open vat using a traditional Cheddaring method, whereby the Cheddar Curd is stretched, milled and salted before being pressed in a special hoop. Alexandrina's Cheddar Curd has a pleasant mild, salty and savoury flavour, with a unique squeaky texture. Not only is cheddar a cheese name, the term "cheddaring" describes a step in production where the large slabs of fresh curd are cut and stacked, and regularly hand-turned, to ensure maximum extraction of whey and even development of acidity. Alexandrina Cheese are among only three cheddar producers in Australia today include this important cheddaring process.

- **Looking for asparagus?** | Try one of the growers at your local farmers market
- **Top Tip** | Matchett's dressings are very high quality made from mostly local South Australian and Australian grown ingredients, to order [www.matchettproductions.com](http://www.matchettproductions.com)
- **Foodie Fact** | Fresh Cheddar Curd is used in Canada as "Poutine" – simply it is a dish of hot french fries with cheese curds, covered in gravy — there's nothing more Canadian than this dish.
- **Use it** | Spilling the curds straight onto a cheese plate match with beer or cider, Add to a fresh to a salad, Lightly fry, think haloumi - but squeakier, Top a pizza with curd, caramelised onion, tomato & basil.
- **Find more Alexandrina Recipes** | [http://www.alexandrinacheese.com.au/recipe\\_book.html](http://www.alexandrinacheese.com.au/recipe_book.html)
- **Looking for Alexandrina Products?** | Fresh Cheddar Curd is available from Alexandrina's loyal and supportive stockists, from the Willunga Farmers Market, fortnightly or The Cheesery is open daily.



