

# **Eine vollkommene Symbiose**

Neben der klassischen Variante mit Butter oder Sauce Hollandaise wird der Spargel traditionell zusammen mit Schinken aufgetischt



. . .

±0°2 ghYffY]WX°]gh'j cf'U``Ya 'XYf'A UfWXZY`XYf'GdUf[Y``Y]bY ±0gh]hi h]cb°]b'GUWXYb'6`Y]WXgdUf[Y`"'8Yf'@Y[YbXY'bUWX'kifXY'Yf j cb'fÒa ]gWXYb'@Y[]cbÀfYb'\]Yf\Yf'[YVfUWXh"'K Uf'Yf'V]g'9bXY'XYg %-"'≠J\f\i bXYfhg'Ui ggWX`]Y»`]WX'XYa '5XY``j cfVY\U`hYbž']gh'Yf

#### 5ig[YdfÀ[h]a; YgWa UW\_

 $8 \ Ug'6i \ f[\ Yb`AbX]gWXYK \ U``Yfb'i bX'X]Y'CVYfOghYffY]WX]gWXYFY[\ Cb'@YcbX]b[\ g]bX'VY_Ubbh'ZØf'XYb'gc[\ YbUbbhYb \ fØbgdUf[\ Y`''8 UVY]'\UbXY`h'Yg'g]WX']b'XYf'FY[\ Y``b]WXh'i a 'Y]bY \ Y][\ YbY'GcfhYž'gcbXYfb'i a 'Y]bYb'GdUf[\ Y`ž'XYf'XUg'HU[\ Yg`]WXh \ YfV`]W_Yb'Xi fZhY'i bX'XU\Yf'Ub'XYf'GcbbY''i bX'gca ]h'k ]Y'U``Y \ DZUbnYbž'X]Y'XYf'D\chcgmbh\YgY'Ui g[\ YgYhnh'g]bX''' XYb'[\ fØbYb : UfVghc\ ZZ'7\`cfcd\m``Ybhk\]W_Y`h'\Uhž'XYf'XYb'GdUf[\ Y`'[\ fØb'ZÅfVh'';\ fØbgdUf[\ Y`']gh'k\ YgYbh`]WX'Ui g[\ YdA[\ hYf']a \;\ YgWXa\ UW_'U`g'XYf\ k\ Y]\ Y'6`Y]WX\ gdUf[\ Y`'i\ bX'gWXa\ YW_h'gc'f]WX\ h][\ 'bUWX'Y]bYa\ Zf]gWXYbž'YX`Yb';\ Ya\ ØgY''$ 

5i Z[ fi bX:X]YgYf:HUhgUWXY:\Ufa cb]Yfh:Yf:Ui WX:a ]h:\_fÀZh][ YfYb 5fca Ybžk Yg\U`V:a Ub:ni :X]YgYa :GdUf[ Y`:Xi fWX:Ui g:\Yfn\UZhYfY J Uf]UbhYb:k ]Y:`i Zh[ YhfcW\_bYhYb:Fc\gWX]b\_Yb:cXYf:Ui WX:Y]bYb hc``Yb:FÀi WX:YfgWX]b\_Yb:gYfj ]YfYb:XUfZ''; fØbgdUf[ Y`:]gh:gY\f j ]Y`gY]h][ :Ubk YbXVUf:i bX:gWXa YW\_h:[ fc >> Ufh][ :a ]h:HfØZZY`:i bX; fUbU:DUXUbc: :ni a :6Y]gd]Y`:]b:6i hhYf:[ YVfUhYb:a ]h:[ YhfØZZY`hYf A cfhUXY``U:i bX:Y]bYf:`Y]WX:h:[ YhfØZZY`hYb:9]YfgdY]gY"

±b '? ÀfbhYb 'i bX 'C ghh]fc ``k ]fX 'YVYb ZU ``g 'GdUf[ Y ``Ub[ YVUi h' '\ ]YfgW Yi h'a Ub 'g]W 'b]W hž 'Ui W 'Fc\gW ]b\_Yb 'ni a '6 `Y]W gdUf[ Y`Ui Zni h]gW Yb "'8 Ug ']gh'\_Y]bY 'fY[ ]c bU`Y '9][ Yb\Y]hž 'gc b XYfb 'k ]fX

Ui WX ']b 'XYi hgWX Yb '@Ub XYb 'dfU\_h]n]Yfh" 'Gc 'k ]Y 'a Ub ']b '? ÀfbhYb [YfbY 'Y]bYb'; U] 'hU 'Yf 'GWX ]b\_YbgdYW\_h c XYf 'ZUgh 'b c WX 'd UggYb XYf Y]bYb'; i f\_hU 'Yf '@ Zh[YgY 'WX hYb' 'ni a 'GdUf[Y 'fY]WX hz 'gc '[Yb]Y » h a Ub ']b 'XYf 'GdUf[Y '\ c WX Vi f[ 'GWX k Àhn]b[ Yb 'Ua '? U]gYfghi \ `gY]h Y\Yf 'Y]bYb 'GWX k Ufnk À 'XYf 'GWX ]b\_YbgdYW\_ 'ni a 'YX 'Yb ?U]gYf[ Ya ØgY" I b X 'Ui WX ']b 'B ]Y XYfgUWX gYb z 'Y]bYf 'GdUf[Y'! A Yhfcdc 'Y 'gWX 'YWX h\ ]b z k ]fX '[ YfbY '? UhYb!GWX ]b\_Yb 'c XYf < `ghY]bYf 'Ui Z[ Yh]gWX h" ; Ubn 'b UWX 'XYa 'A chhc' k Ug ']b 'Y]bYf FY[ ]cb 'ni gUa a Yb "

GdUf[Y`\_Ubb'UVYf'bcWX'j]Y`aY\f"'KY]»Yf'GdUf[Y`gWXaYW\_h
[fc»Ufh]['a]h: `i gg\_fYVgYbž'<i\bž'?U`V'i bX'F]bXYfZ]`Yh"
; fØbgdUf[Y`k]YXYfi a ``]YVh'GWkY]bYZ'Y]gWXž'UfcaUh]gWXY
AYYfYgZ]gWXY'i bX'AYYfYgZfØWXhY'Ub'gY]bYf'GY]hYž'gWXYi h'g]WX
UVYf'Ui WX'b]WXh'j cf'gc'k]`XYb'?caV]bUh]cbYb'k]Y' GdUf[Y`a]h
6`i hk i fgh "'I bX'kYbb'aUb'X]Y'AÒ[`]WX\_Y]h'\Uhž'Y]bYb
K]`XgdUf[Y`ni Yfk]gWXYbž'XUbb'gc``hY'aUb'g]WX'X]YgYb'; Ybi gg']b
: cfa 'Y]bYf'9]YfgdY]gY'a]h'K]`XgdUf[Y`i bX'[YVfUhYbYa
DfcgW]i hhc'b]WXh'Ybh[Y\Yb'`UggYb"

## GdUf[Y`U`g'7cbjYb]YbWY

5 g: Y]gWXYfY]VYhf]YV \ Uhra Ub 'j ]Y Y A O[ `]WX \_Y]hYb XYb GdUf[ Y` ]bg Gcfh]a Ybh Y]bni VUi Yb 'b]WX h bi f ']b : cfa 'Y]b Yg'; Y\_cWX h Yb GdUf[ Y`gWX ]b\_Ybg 'cXYf 'U`g': Ø`i b[ 'ZØf'DUghYhYb z'gcbXYfb 'Ui WX U`g' 7 cbj Yb]Yb WY!DfcXi \_h 'ZØf'XYb '9bXj YfVfUi WXYf" 'Gc '\_Ubb 'a Ub VY]gd]Y`gk Y]gY 'ZYfh][ 'j cfVYfY]hYhY 'GdUf[ Y`!7 cfXcbV Yi g'UbV]YhYb z X]Y j ca '?i b XYb 'X Ubb 'ni '< Ui gY 'bi f'a Y\f'Ui g[ YVUW\_Yb 'k YfXYb a ØggYb "C XYf'a Ub 'VYfY]hYh'gc [ Yb UbbhY 'A cnUfh! F c``Yb 'fa ]h GdUf[ Y`'i b X 'GWX ]b\_Yb '[ YZØ``hY 'DU`UhgWX ]b\_Yb z' X]Y 'X Ubb 'd Ub]Yfh i b X '[ YVUW\_Yb 'k YfXYb b' j cf" 5 VYf'Ui WX 'GdUf[ Y`!; fOgh` fk i b XYfVUf'a ]h ? U`Vgni b[ Y i b X '9fXAd ZY 'b b z' @Y]dn][ Yf' 5 ``Yf`Y] fF U[ ci h'a ]h GdUf[ Y`z' A cfWX Y`z' : fØ\`]b [ g!; Ya ØgYz' : `i gg\_fYVgYb i b X '? U`Vgni b [ Y b cXYf Y]b 'GWX ]b\_Yb!F Y]g'a ]h GdUf[ Y`g]b X 'ZØf'X]Y : f]gWX Yh\Y\_Y 'YfZc` [ gj YfgdfYWX Yb XY 'Dfc Xi \_hY" 'I b X b UhØf`]WX gdf]WX h'b ]WX hg'XU[ Y[ Yb z' XYb 'GdUf[ Y`'Y]b ZUWX 'bi f'[ YXAa d Zh'a ]h Zf]gWX Ya 'GWX |b\_Yb'b UWX 'K U\`'i b X 'nYf'UqqYb Yf'6i hYff

8Yf?cbgi a Ybh'k ]fX'Yg'Y]bYfgY]hg'XUb\_Ybž'k Ybb']b'XYf  $f[gWXYhXY_Y^b]WXh^a]aaYf^bif^XYf^U^hA[^]WXY^9]bXY]hgVfY]$ Ui Z[Yh]qW\h'k ]fX'i bX'UbXYfYfqY]hq'Ui W\g]W\Yf'YfZfYi h'Ui Z < U`V ZY fh][!Dfc Xi \_hY 'ni fØW\_[ fY ]ZY b ž'X]Y ']\a 'Y ]b Y fgY ]hg 'X]Y '`Àgh][ Y i bX'nY]hfUi VYbXY'A ]g'Yb'd`UWY'j YfY]bZUW\Yb'i bX'UbXYfYfgY]hg hfchnXYa 'gY]bY'Y][YbY'?ØW\Y'VYfY]W\Yfb"'Gc'\_Ubb'a Ub VY]gd]Y`gk Y]gY`V`UbWX]YfhY`GdUf[Y`ghUb[Yb`a]h'?ÀgY`ibX  $GWX [b_Yb'] a k [W_Yb'] b X ZYfh][ 'j cfdUb]Yfh'UbV]YhYbž'X]Y XUbb'ni$ < Ui gY 'bi f'a Y\f'Ui g[YVUW\_Yb'k YfXYb'a ØggYb'fY][bYh'g]W\</li> ØVf][Ybg'Ui WX'U`g'H?!K UfYŁ"'CXYf'a Ub'V]YhYh'a ]h'GdUf[Y` [YZØ``hY': `Y]gW\hUgW\Yb'Ubž'X]Y'XUbb'jca '?cbgia YbhYb'k Y]hYf jYfUfVY]hYh'kYfXYb''XYf'Y][YbYb'?fYUh]j]hÀh'g]bX'XU'\_Uia ; fYbnYb [YqYhnh" 8 Uq 9]bn][Y k Uq XUVY] ni VYUW hYb ]qhž ]qh XYf laghUbX`XUgg`X]YgY`7cbjYb]YbWY!DfcXi\_hY`gc`[YghU`hYh`g]bX`fUa XYa '? Ài ZYf'bcWX 'Gd]Y`fUi a 'ZØf'Y][YbY'=XYYb'`UggYb' 'gcbgh'\_Ubb  $Yf'g]WX'[Y]WX'fk YgYbh]WX'dfY]gk YfhYfYL': Yfh][dfcXi_hY']a$ Gi dYfa Uf\_h'\_Ui ZYb"

## ; YVUW\_YbY`A cnUfh!Fc``Y

8]YgYb'?`Ugg]\_Yf'XYf'K ]YbYf'?ØWXY'\_Ubb'a Ub'VY]gd]Y`gk Y]gY j cfVYfY]hYh'U`g'7cbj Yb]YbW!DfcXi \_h']b'XYf'H\Y\_Y'UbV]YhYbž k Y`WXYg'XUbb'j ca '?cbgi a YbhYb'ni '<Ui gY'bi f'a Y\f
Ui g[YVUW\_Yb'k YfXYb'a i gg"'A Ub'VfUi Wh'Yk Y]`g'UWh'X]W\_Y
GhUb[Yb'A UfWXZY`XYf'Gc`cgdUf[Y`ž'[fc»Y'GWXY]VYb'6Y]bgWX]b\_Ybž
GWXY]VYb'H]fc`Yf'6Yf[\_AgY'i bX'XØbb'[YVUW\_YbY'DU`UhgWX]b\_Ybž
XUni 'A i g\_Uhbi ggž'A Y\`ž'j YfgWX`U[YbYg'9]'i bX'GYa a Y`VfÒgY`
ni a 'DUb]YfYb'gck]Y'6i hhYfgWXa U`n'ni a '5i gVUW\_Yb"'8Yb'GdUf[Y`
gWXÀ'Ybž'XUbUWX']b'K UggYf'a ]h'GU`nž'Ni W\_Yfž'N]hfcbY'i bX'Yhk Ug
6i hhYf'V]ggZYgh'\_cWXYb"'GdUf[Y`'Ui g'XYa 'Gi X'bY\a Yb'i bX']b
9]gk UggYf'UVgWXfYW\_Yb"'GdUf[Y`'Ui g'XYa 'Gi X'bY\a Yb'i bX']b
9]gk UggYf'UVgWXfYW\_Yb"'GdUf[Y`ghUb[Yb'`Y]WXh'gU`nYb'i bX
dZYZZYfbž'Yj Ybhi Y``'Ui WX'a ]h'A i g\_Uhbi gg'k ØfnYb"'5bgWX`]Y»YbX
ni Yfgh'a ]h'?ÀgYgWXY]VYbž'XUbUWX'a ]h'XYa '6Y]bgWX]b\_Yb
i a k ]W\_Y`b"'GWX`]Y»`]WX 'X]Y'[Yk ]W\_Y`hYb'GWXY]VYb']b'X]Y

DÀW\_WXYb^]b^A Y\^ž^9]^i bX^6fÒgY^b^dUb]YfYb^i bX^UbgWX^]Y\*YbX^]b \Y]\*Ya ^6i hhYfgWXa U`n^gWXk]a a YbX^Ui gVUW\_Yb^ ^Ui Z ?@WXYbdUd]Yf^UVhfcdZYb^`UggYb^i bX^a ]h^Y]bYf^\_`Y]bYb GU`Uh[ Ufb]hi f^Ui Zh]gWXYb"

J Uf]UbhY. '8]Y 'GdUf[ Y`ghUb[ Yb 'bi f'a ]h'6Y]bgWX]b\_Yb 'i a k ]W\_Y`b i bX 'UbgWX`]Y » YbX ']b 'A Y\`ž'9]'i bX 'Y]bYa '; Ya ]gWX 'Ui g GYa a Y`VfÒgY`b 'i bX '[ Yf]YVYbYa 'DUfa YgUb 'f) \$.) \$Ł'dUb]YfYb"' +b \Y]» Ya '2`'Ui gVUW\_Ybž'UVhfcdZYb'`UggYb'i bX 'a ]h'GU`Uh Ui Zh]gWXYb"

#### @YcbX]b[Yf'; fØbqdUf[Y`

[YfÀi WXYfhYb Fc\gWX]b\_Ybž'('9]Yfž'7fci hcbgž'6i hhYfž'GUZh'i bX'X]Y GWXU`Y`Y]bYf`N]hfcbY/Aig\_Uhbigg`bUWX`6Y`]YVYbž`DZYZZYf`Uig`XYf  $A \emptyset \ YžA YYfgU`n'i bX'?YfVY`ni f'; Ufb]hi f"'8Yb'GdUf[Y``Ua$ ibhYfYb'9bXY'UVgWXbY]XYb'ibX'XUg'ibhYfY'8f]hhY`gWXÀ`Yb" 8 Ub UVX 'X]Y 'Gd Uf[Y`ghUb[Yb']b'`Y]WX h'[YgU`nYbYa 'K UggYf V`UbW\]YfYbž'\YfUi gbY\a Yb'i bX']b'9]gk UggYf'UVgW\fYW Yb" FY]WX`]WX`6i hhYf`]b`Y]bYf`[fc»Yb`DZUbbY`Ui ZgWXÀi a YbžXYb GdUf[Y`XUni [YVYbiibXfibX\Yfia 'UbfÒghYb/a ]h'Yhk Ug N]hfcbYbgUZh'UV`ÒgW\Ybž'XUbb'a ]h'DZYZZYf'Ui g'XYf'A Ø\`Y'i bX'GU`n k ØfnYbž'bUW. '6Y`]YVYb'Ui W. 'Yhk Ug'A i g\_Uhbi gg'XUfØVYf'fY]VYb" A ]h'N]hfcbYbnYghY'i YfZY]bYfb"'K Ufa 'VY]gY]hY'ghY``Yb"'8]Y'9]Yf']b Y]bYf'gYdUfUhYb'DZUbbY']b'6i hhYf'ni 'Gd]Y[Y`Y]Yfb'VfUhYbž'gU`nYb i bX dZYZZYfb "GdUf[Y`Ui Z'j]Yf HY``Yfb Ubf]W hYbža ]h XØbbYb GWXY]VYb'j ca  $Fc gWX b_Yb'VY^Y[Ybž'YkY]^gYb'9]^XUni'[YVYb]$ i bX'U``Yg'a ]h'XYb'7fci hcbg'VYghfYi Yb"'9hk Ug'6fUhVi hhYf'j ca GdUf[Y`XUfØVYf`hfÀiZY`b'ibX'gW\`]Y»`]W\a]h'YhkUg'?YfVY` [Ufb]Yfh<sup>\*</sup>gYfj]YfYb"

.