

# Winter Vegetables | Inauguration of the President

## Served at the Inaugural Luncheon, 2009

### Ingredients

- 2 bunches green asparagus, bottom 1/3 of stem removed
- 2 pounds carrots, peeled, cut oblong or large dice
- 1 pound baby Brussel sprouts, fresh, cleaned (frozen can be used)
- 1 pound wax beans, ends snipped
- 2 ounces butter
- 1 each zest from orange
- 4 ounces olive oil
- salt and pepper, to taste

### Preparation

1. **Asparagus:** preheat grill or large heavy bottom sauté pan. Rub 2 oz of olive oil on asparagus and season with pinch of salt and pepper. Lay flat on grill or sauté pan until lightly browned. Using long fork or tongs, rotate the asparagus to brown other sides. Usually 2 or 3 minutes per side. The asparagus is done when you can use a fork to cut through. Do not overcook, this will cause asparagus to become stringy. Keep warm until ready to serve.
2. **Carrots:** bring 3 qt salted water to a boil, add carrots to water and cook until fork tender, meaning a fork will easily pass through the carrot. Drain the water from the pot and toss 1 oz butter and zest of orange and mix until carrots are coated. Season with pinch of salt and enjoy. Keep warm until ready to serve.
3. **Brussel Sprouts:**
  - **For Fresh:** Bring 3 qt salted water to a boil, cut into the stem of the sprout with a pairing knife to create an X on the bottom, this will allow the stem to cook more evenly. Place sprout in boiling water and allow to cook until bottom of sprout is tender and easily cut with a knife. Preheat a heavy bottom sauté while the sprouts are cooking. Remove sprouts from water and allow all water to drain completely. Add 2 oz oil to sauté pan and add the sprouts, season with salt and pepper while tossing the sprouts around to evenly brown in the pan. If sprouts are too big, you can cut them in half, keep warm until ready to serve.
  - **For Frozen:** Bring 3 qt salted water to a boil and drop frozen brussel sprouts into water, these are precooked so you are only thawing them out. Remove from water and sauté as above.
4. **Yellow Wax beans:** bring 3 qt salted water to boil, add snipped wax beans to water and allow to cook until fork tender or to your liking of doneness. Remove from water and toss with 1 oz butter and season with salt and pepper.

### Additional Information

- **Course:**
- **Servings:** 10 servings

Since 1901, the Joint Congressional Committee on Inaugural Ceremonies has been responsible for the planning and execution of the swearing-in ceremonies and the luncheon for the Inauguration of the President of the United States at the U.S. Capitol.