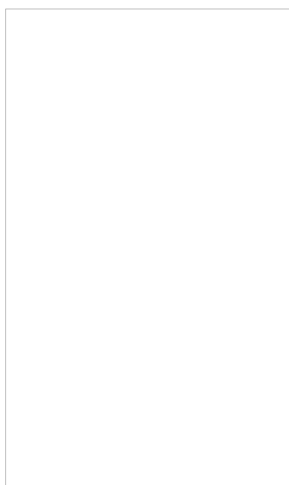


Asparagus Risotto



INGREDIENTS

(4 portions)

300 gr risotto rice (Carnaroli or Arborio varieties are easy to find)

400 asparagus

1 lt Vegetable broth

1 shallot

White wine

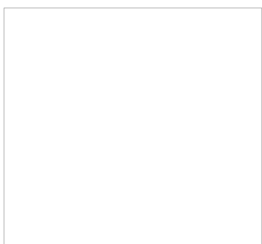
40 gr cheese (parmigiano type)

30 gr butter

Salt

White pepper

Wine pairing suggestions



Roero Arneis DOCG, I Moncalvi

Description

Asparagus are a spring/early summer vegetable depending on where you live, and asparagus risotto not only is a delicious main course but also easy to prepare, so if you like asparagus like I do, I suggest you to give it a try if you haven't already. If you don't feel like making a risotto from scratch, why not try our ready to cook risotti.

Preparation

Clean the asparagus, after having washed them under running water and dried with a kitchen towel, eliminate the woody part found at the base. With a potato peeler, remove the green and leathery outer part until it reaches a few cm from the tip.

Once cleaned, boil them in lightly salted water for a few minutes, you want them "à l'al dente", still crunchy.

Drain the asparagus and cut them into small pieces, taking care to keep some tips aside for the final decoration of the dish. In the water in which you have cooked the asparagus, add a vegetable cube as to obtain the broth you will need during cooking. Chop the shallot finely, put it in a saucepan with a bit of olive oil and fry them for a couple of minutes until they become gold.

Add the rice and toast it for a couple of minutes.

Then add the white wine and let it evaporate.

Add the vegetable broth a ladle at a time adding it gradually until the rice is completely cooked, be

careful not to overcook the risotto.

Halfway through cooking the risotto, add the asparagus, season with salt and mix. By adding the asparagus halfway, they will lose the crunchiness due to them cooking with the broth. A way to avoid that happening is to add the asparagus 2 minutes before the risotto is ready so that they do not cook in the broth and retain their crunchiness.

When cooked, turn off the heat and stir in the risotto, add the butter and Parmesan cheese

Leave the asparagus risotto to rest for a couple of minutes before serving, garnishing the dish with white pepper and the asparagus tips you have kept aside.