



ASPARAGUS RISOTTO

By Caterina Romano's kitchen

INGREDIENTS

20 Stocks of asparagus

Carrots, onions, celery and asparagus ends to make the vegetable stock.

2 TBSP of olive oil

1 finely diced shallot

2 TBSP of unsalted butter

1 TBSP of olive oil

1 ½ cups of Arborio rice

½ cup of white wine

1.5 Liters (6 ¼ cups) of hot vegetable stock

Kosher salt & pepper for seasoning

2 TBSP of olive oil

1 TBSP of lemon juice

¼ cup of unsalted butter

½ cup of Parmigiano-Reggiano

NOTES:

Add more vegetable stock as needed.

DIRECTIONS

1. Break off the lower stems of the asparagus. Keep for the vegetable stock. Cut off the tips and set aside in a bowl.
2. Cut the remaining asparagus into small rings and set aside.
3. Place the vegetables into a boiling pot full of salted water and cook to form the vegetable stock.
4. In a small pot, add the tips of the asparagus and blanch for 2 minutes. Transfer the tips to a bowl filled with icing water and set aside.
5. Set your stove to medium and heat the olive oil. Add the shallot and sauté for a few minutes. Add ½ of the asparagus rings to the pan. Add one ladle of the vegetable stock, season with salt & pepper and sauté for 5 minutes. Set aside and allow the mixture to cool to room temperature.
6. Rinse the rice in cold water a couple of times before using.
7. In a large frying pan, melt the butter and heat the oil over medium heat. Add the rice to the pan, season to taste & continue mixing until the rice is toasted.
8. Add the wine and cook until the alcohol evaporates. Add the remaining asparagus rings.
9. Add the vegetable stock a cup at a time. Continue mixing and as the rice absorbs the liquid, add more vegetable stock until all of it is absorbed in the rice. Cook for about 30-35 minutes.
10. In a small food processor, blitz together and puree the cooled shallots and asparagus ring mixture. Add the oil and lemon juice. Transfer the puree to a glass bowl.
11. Add 2/3 of the puree to the rice mixture and cook 2 minutes.
12. Turn off the stove and add, mix and melt the butter. Add the Parmigiano.
13. To serve, spoon the risotto onto the center of a warm flat plate and gently tap the bottom into a creamy thin layer. Add the remaining pureed shallot and asparagus ring mixture. Top with the asparagus tips.

ENJOY THE RISOTTO