

Creative about Cuisine

ENGLISH ASPARAGUS RISOTTO

Serves two as a main course

INGREDIENTS

100g risotto rice
1 small onion, diced
1 clove of garlic, crushed
75ml white wine
1 litre vegetable stock
1 bunch asparagus, peeled and blanched (retain peel)
25g butter
25g grated Parmesan
2tbs good olive oil

METHOD

In a heavy-based saucepan, heat the oil and sweat the onion and garlic over a low heat until soft. Add the rice and cook, stirring constantly, for two minutes. Put the stock on to come up to a gentle simmer and add the retained asparagus peelings. Add the wine to the rice and cook until completely absorbed. Add stock a ladleful at time, straining out the asparagus peel, stirring well with each addition. Continue until the rice is just al dente. When you squash a grain between your fingers, you should still see a little white core. Cut the asparagus into bite sized pieces and stir into the risotto, bring back to the simmer and remove from the heat. Drop the butter and Parmesan on top of the risotto and leave to rest for 5 minutes. Stir in the butter & Parmesan, adjust the seasoning and reheat gently. The rice should be creamy and fluid; add a little more stock if too stiff. Pour into warm bowls and drizzle over a little good olive oil.

