

INGREDIENTS

1 bunch asparagus (trimmed cut into 3)

1 large leek (cleaned and sliced)

4 tablespoons olive oil

4 garlic cloves (roughly chopped)

1 cup arborio rice

¼ cup white wine

3 ½ - 4 cups stock

½ cup basil leaves

1 lemon, zest and some juice to taste

½ teaspoon salt

¼ teaspoon pepper

GARNISH

Lemon zest

Basil

Pecorino cheese

Toasted pinenuts



Asparagus Risotto: 1 of 2



4 -servings



45 mins

This hearty vegetarian dish will satisfy everyone's appetite. This delicious asparagus risotto recipe is perfect for a spring dinner! It's creamy and bright with a surprisingly filling finish. Enjoy!

PREP THE ASPARAGUS

1. Cut the fibrous ends off the asparagus & discard
2. Cut the tips off and set them aside
3. Cut the “middles” into 3cm pieces. Take 1 ½ cups of the “middles” and set aside (to blanch and blend into a creamy asparagus sauce)
4. Add any remaining “middles” to the tips and keep these set aside

BLANCH AND BLEND

1. Blanch the asparagus “middles” until tender
2. Drain, but reserve 1 cup of the cooking liquid
3. Blend the blanched asparagus with the 1 cup cooking liquid, 2 tablespoons oil and the basil leaves until silky smooth
4. Set this aside to add to the risotto at the end

START RISOTTO

1. Thinly slice leeks into half-moons
2. Sauté leeks until softened, 5-6 minutes
3. Add garlic, cook 2 minutes, until fragrant
4. Add arborio rice and stir to coat, one minute
5. Deglaze with white wine (if using) and cook the alcohol off
6. Add 1 cup hot veggie stock, scraping up any browned bits, bring to a gentle simmer, over med-low heat stirring occasionally, letting the rice absorb the all the broth
7. Continue adding the hot stock 1 cup at a time
8. As you add the last cup of stock, add the pile of asparagus with the tips, letting them cook in the risotto 3 minutes or so
9. Stir in blended asparagus, add the salt, pepper, a squeeze of lemon juice and taste
10. Heat gently over low heat letting it thicken

TO SERVE

Garnish with pecorino cheese, lemon zest and chili flakes

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