

Asparagus Risotto

Shopping List:

Asparagus, Rice,
Cheeses,
White Wine



ASPARAGUS RISOTTO

4 PAX

3 Bunches Asparagus

100mls White Wine

2 Shallots

100g Butter

200g Rice – Raw

1.2 Lt Stock

150g Parmesan Cheese – Grated

1 Garlic Clove

1 Thyme sprig

½ Chives chopped

8 Truffled Pecorino – shaved (Garnish)

8 Proccotto – Sliced fine and dried in oven at 100 degrees for 1 hour

METHOD

- 1) Start the risotto process by cooking the rice in a medium size pan over a medium to high heat and add the olive oil, thyme, garlic and shallots. Sautee for 1-2 minutes without colouring.
- 2) Add half the butter, 75g, seasoning and rice, then roast the rice for a further 1 minute. Start to add wine and reduce fully. Add thyme.

- 3) Start adding the hot chicken stock, 2 medium sized ladles at a time. Over a medium heat stirring regularly to work the starch from the rice.
- 4) Toward the end of the cooking process of the rice it should be xxx to the tooth. Finish with asparagus puree, parmesan cheese grated and a single piece of an asparagus end.
- 5) Add chopped chives and garnish with dried diced prosciutto and shaved truffle pecorino as an option.
- 6) Puree finely sliced asparagus xxxx up to the spears that you want to use for the garnish. This will give you enough to make an adequate puree for the flavour and richness for the risotto. In a large pan pour 200mls of seasoned chicken stock and 75g of butter and bring to the boil. Pour in sliced asparagus place lid on top and allow to steam for a further 3 minutes on a high heat. Once this is done blitz in bar mixer or robo mixer and pass, cool on flat tray straight away to keep the green colour.
- 7) Optional add a small hand full of baby xxxx to the pan when cooking asparagus stalks.