



creamy asparagus spring risotto

prep time: 20 min

cook time: 45 min

servings: 4-6

Ingredients:

- 1/2 lb of asparagus trimmed and cut into 1 inch pieces, blanched
- 4 tbsp olive oil
- 2 cloves of garlic
- 5 cups of chicken or vegetable stock
- 1 shallot, finely minced
- 2 leeks (white and light green part only), thinly sliced and well washed
- 1 cup arborio rice
- 1/4 cup dry white wine
- 2 tbsp butter
- 1/2 cup - 1 cup parmesan cheese
- salt and pepper to taste
- 1/2 lemon zested and juiced (optional; if you don't like lemon, you can omit this)

Directions:

1. Prepare asparagus: bring water to a boil and cook asparagus pieces for 2 - 3 minutes. Once finished, drain and blanch by adding to a bowl of ice water. This helps to seal in the nutrition and keep its bright green colour.
2. Heat stock and keep warm over medium to low heat. Hot stock is very important to help bring out the creaminess of the rice (and also helps it cook faster).
3. In a large, heavy-bottomed dutch oven, heat olive oil over medium heat. Add shallots, leek, and garlic, cooking for a minute or two until translucent and fragrant.
4. Add the arborio rice and cook until coated for about 2 minutes.
5. Add the wine slowly stirring to allow the rice to absorb all the wine.
6. Start adding the hot stock, 1/2 cup at a time. Continue stirring the rice until the stock is completely absorbed before adding the next 1/2 cup. Keep working in 1/2 cup increments, continually stirring and allowing the rice to absorb the stock.
7. When you reach your last 1/2 cup of stock, add the blanched asparagus and continue cooking until the rice is soft and asparagus is cooked. If your rice is still firm/crunchy then you may require additional stock. It should have a fairly soft and creamy texture and consistency.
8. When you have reached the desired consistency, remove from the heat. Stir in the lemon zest + juice, parmesan, butter and adjust the taste by adding salt and pepper.
9. Sprinkle with more parmesan if desired and enjoy!

to see this recipe and more like this, visit

Karlene Karst.com