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by Liz Robb

Spring Risotto

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Ingredients

150g mange tout 1 large courgette
200g asparagus tips
4 shallots
1 leek
1 clove of garlic
1.4 litres of chicken stock
1 tablespoon of olive oil
75g butter
380g Arborio rice
Salt and freshly milled black pepper
100g parmesan cheese

Preparation

1. 1. First wash and prepare the vegetables. Slice each mange tout diagonally into 4 pieces. Slice the courgette into quarters lengthways, then chop each quarter into fairly thin slices. Ensure that any woody ends have been snapped off the asparagus, leaving 200g of tender stems and tips, then slice each one diagonally into 4-5 pieces. 2. Place the mange tout, courgette and asparagus into a steamer and steam over a large pan of boiling water for 2-3 minutes. Then plunge the vegetables straight into a large bowl of very cold water to refresh them.
2. 3. Peel and finely chop the shallots and the leek, then peel and crush the garlic. Melt 40g of butter with the olive oil in a large saucepan and sauté the shallot, leek and garlic gently over a low heat for 4-5 minutes, until soft but not brown.
3. 4. Tip in the rice and cook, stirring frequently, for just a few minutes.
4. 5. Stir in about 100ml of the hot chicken stock to the rice, until it is just about absorbed. Gradually add the stock a little at a time as you think the risotto needs it,

Cooks Note

Springtime is a lovely time for tender green vegetables, with the first asparagus of the season just coming through. This creamy risotto really enhances the delicious fresh flavours of the vegetables, all in one simple dish!