Posted on 4 July 2018

by Liz Robb

A light dish for the summer, creamy crab risotto with seasonal asparagus and petit

pois; simply delicious!

Ingredients

1 onion
1 stick of celery
1 fat clove of garlic
25g of butter
1 tablespoon of olive oil
2 lemons
250g arborio rice
1 litre of vegetable bouillon or stock
Salt and black pepper
100g asparagus tips
100g frozen petit pois
1 large dressed crab
A handful of fresh parsley
Servings
4
Person

Preparation

1. Peel and finely chop the onion and garlic and then very finely chop the celery.
2. Melt 15g of butter and a tablespoon of olive oil in a large pan over a low heat, then saute the onion for 2 minutes. Add the celery and garlic and gently saute for 12-14 minutes, stirring occasionally, until the vegetables are soft but not browned.
3. Finely zest one of the lemons and then squeeze out the juice.
4. Add the rice then stir and cook for a minute or two, coating the rice well. Stir in the zest of the lemon and 3 tablespoons of the juice.
5. Add a ladleful of the hot stock, stir it into the rice and simmer gently, stirring, until it is absorbed. Repeat this, a ladleful at a time, stirring frequently to prevent it from sticking, until the rice is just al dente, probably for 35-40 minutes.
6. Slice the asparagus tips into short lengths and steam for 2 minutes. Briefly cook the petit pois in boiling water.
7. Separate the crabmeat. Stir the brown crabmeat and the remaining 10g of butter, cut into small pieces, into the rice and then season to taste with salt and black pepper.
8. Stir in the asparagus and the petit pois, turn off the heat and leave for a minute or two.
9. Spoon the risotto into dishes and top with spoonfuls of white crabmeat. Serve garnished with finely chopped parsley, with a lemon wedge on the side.

Cooks Note

Risotto is often made using white wine; this recipe replaces it with lemon juice, but you can use a splash of wine instead if you prefer.
If you have fresh peas, use them instead of frozen.