



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.