JERNEJ KITCHEN

ASPARAGUS RISOTTO

Asparagus Risotto is a simple vegetarian recipe for a quick midweek family meal. This Lemony Asparagus Risotto is made in about 30 minutes.

SERVES	4	PEOPLE
PREPARATION:	5	MINUTES
COOK:	30	MINUTES
TOTAL TIME:	35	MINUTES

ASPARAGUS RISOTTO

2 tbsp olive oil

1 onion

300 g (1 1/2 cup) Arborio rice

120 ml (1/2 cup) white wine

750 ml (3 cups) vegetable broth or water

250 g (1/2 pound) asparagus

50 g (3/4 cup) shredded parmesan cheese

60 g (1/2 stick) unsalted butter

1 tsp olive oil, for asparagus

1 tsp freshly squeezed lemon juice

1/2 tsp grated lemon zest

TOOLS AND EQUIPEMENT

large saucepan
grater
kitchen knife
cutting board
skillet

SAUTÉ THE ONION AND RICE
Place a large saucepan or pot over medium heat. Add the olive oil and diced onion. Sauté for 5 - 8 minutes or until the onion is softened and translucent, stirring occasionally. Add the rice and sauté for another 5 minutes.

COOK THE RICE
Increase the heat and add the rice. Stir and cook for 2 - 3 minutes. Pour in the wine, and cook for another 2 - 3 minutes for the alcohol to evaporate. Gradually, ladle by ladle, start adding the vegetable stock. Add the next ladle of stock only when the first one is cooked into the rice. Repeat the process until the rice almost cooks. It will take about 15 - 18 minutes. Make sure to stir the risotto regularly.

ADD THE ASPARAGUS
Clean the asparagus and chop off the woody parts. Cut half of the asparagus into 0.5 cm (1/4 inch) chunks and add them to the risotto in the last 4 minutes of cooking.

RISOTTO
Remove the risotto from the heat and stir in the shredded parmesan cheese and butter. Season to taste with salt and pepper. Cover with a lid and set aside.

ASPARAGUS RISOTTO
Place a skillet over medium heat. Add a teaspoon of olive oil, and the rest of the asparagus cut into 3 cm (1-inch) chunks. Cook for 3 minutes, then lightly season with salt and remove from the heat. Add the lemon juice and stir into the risotto. serve.