



RISOTTO WITH ASPARAGUS

MISE EN PLACE

- Grate cheese.
 - Wash asparagus.
 - Dice butter into roughly 1 cm cubes, place in a bowl and place back into the fridge.
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RISOTTO WITH ASPARAGUS *(serves 4-6 as an entree)*

Recipe by KATHRYN JOEL

2 cups risotto rice, such as vialone nano, carnaroli or Arborio
7 cups stock, vegetable or chicken
2-3 tbsps olive oil
100g pancetta, diced (optional)
2 shallots, finely chopped
*1 bunch asparagus stems, sliced into 2.25 cm (1 inch) pieces***
1/2 cup peas, fresh or frozen & defrosted (optional)
1 glass white wine
zest of 1 lemon
100g parmesan cheese, grated, or to taste
*50g unsalted butter, diced and chilled**
Handful fresh herbs, chives, basil or chervil
salt and black pepper

** If you'd like to garnish your risotto with asparagus, reserve some of the tips and blanche and refresh them. Reheat in a little butter to finish.*

*** Pancetta and / or Peas are Optional Additions*

- Place the stock in a pan and bring to a gentle simmer.
- In a risotto pan, or a saucepan, add the pancetta and start to heat over a medium heat, cooking the pancetta until the fat has rendered and the pancetta is golden. Add olive oil as needed, and gradually turn up the heat as the fat renders off.
- Once the pancetta is golden, add the shallots and sweat over a medium heat, adding salt, until they are starting to soften, just a couple of minutes. If you're not using pancetta, sweat the shallots in olive oil.
- Now turn up the heat and add the rice, stirring for a minute or two until the rice is hot to the touch.
- Next add the wine, and stir until it is absorbed into the rice.
- Now begin to add the hot stock, 1 ladle at a time, stirring constantly and briskly until the stock is completely absorbed into the rice before adding the next ladle of stock. Add a pinch of salt with each addition of stock.
- After 10 minutes add the asparagus. If your asparagus spears are very thin, add them a little later.
- Continue adding stock and stirring constantly, keeping the risotto at simmering point, for about 20 minutes until the rice is creamy and just al dente. Your finished risotto should have some movement to it, it shouldn't be too thick.
- A minute or two before the risotto is ready, stir in the (optional) peas (fresh peas will take a little longer than frozen).
- Finally reduce the heat and stir in the cold diced butter, a few pieces at a time, then finish with the parmesan to taste. Adjust seasoning to taste. Cover and remove from the heat.
- Rest for a couple of minutes then stir in any fresh herbs before serving.

BONUS RECIPES: These are complementary or additional recipes. They are for your reference and enjoyment, and will not be taught in your class.

VEGETABLE STOCK

2 carrots, peeled and roughly chopped

2 sticks celery, roughly chopped

1 leek, roughly chopped

1 large onion, roughly chopped

1 fennel bulb, roughly chopped

handful of parsley stalks

sprig of thyme

8-10 black peppercorns

10 cups cold water

3 bay leaves

- Put all of the ingredients in a large stockpot and cover with water by at least 2”.
- Bring to the boil, then turn down to a gentle simmer.
- Skim off skum from the top of the stock and don't stir.
- Simmer for about 1 1/2 hours, strain and refrigerate.

CHICKEN STOCK

4 chicken carcasses

2 carrot, peeled and roughly chopped

2 sticks celery, roughly chopped

1 leek, roughly chopped

1 large onion, quartered

handful of parsley stalks

sprig of thyme

8-10 black peppercorns

1 bay leaf

- Put the chicken bones in a large stock pot and cover with water by 2”.
- Bring to the boil, then pour off the water boiling water to remove all of the impurities.
- Add the remaining ingredients and fresh water to cover by several inches.
- Bring up to a very gently simmer – your stock should be barely bubbling.
- Simmer for 4-6 hours or overnight, then strain and refrigerate.
- The next day lift the congealed fat off the surface of the stock.

EQUIPMENT LIST

A knife and cutting board

A medium pot

Measuring cups and spoons

A box grater

A ladle

A wooden spoon

A heavy bottomed pan with higher sides (at least two inches tall)

A handful of spoons for tasting with