

FIRST COURSES

Asparagus Risotto

Ingredients for 4 people

320 g rice (Carnaroli or Arborio)
500 g fresh asparagus
1 liter hot vegetable broth
1/2 onion
40 g butter
40 g grated Parmesan cheese
1/2 cup white wine
Extra virgin olive oil to taste
Salt and pepper to taste

Preparation

Wash the asparagus, remove the tough ends, and cut the stems into rounds, leaving the tips whole.

Steam the asparagus tips (4–5 minutes if thin, 6–7 minutes if thick).

They should remain slightly crunchy, not soft. Steaming better preserves their aroma, color, and tenderness. If you don't have a steamer or similar, blanch the tips in salted water for 3–4 minutes. Immediately afterward, plunge them into iced water for 30 seconds to stop the cooking and maintain their bright green color. Set aside.

In a saucepan, sauté the chopped onion with a drizzle of oil and half the butter. Add the chopped stems and cook for a few minutes.

Blend some of the asparagus and set aside.

Pour the rice into the saucepan and toast for 1–2 minutes, stirring. Add the white wine and let it evaporate.

Gradually add the hot broth, stirring frequently. Add the pureed asparagus to make the risotto creamier. After about 10 minutes, stir in the asparagus tips.

Cook for about 15–18 minutes total, until the rice is cooked to your desired doneness.

Turn off the heat and add the remaining butter and the Parmesan cheese. Stir until creamy, being careful not to break the asparagus tips.

See the seasoning with salt and pepper and serve immediately.