

View from the Fridge – Recipes from Brian Donkin

Recipe # 44 – Asparagus and Mushroom Risotto

Preparation time: 10 mins – Cooking time: 35 mins

Ingredients

1.5 cups of risotto rice (Use either arbori, carnaroli or vialone nano. For this recipe I have used vialone nano.)
200gms of fresh asparagus tips
200gms of mushrooms, sliced
1 large clove garlic, smashed
1 shallot, finely diced
3 cups vegetable stock
½ cup of single cream
½ cup grated parmesan cheese
70gms butter
salt and pepper

Method

1. Add asparagus to pot of boiling, salted water. Bring to the boil and simmer for 7 minutes. Drain the asparagus, refresh under cold water then drain again Cut into 1 inch pieces and leave to one side.
2. Put butter, garlic, shallots and mushrooms in pot. Cook for 2 minutes over a high heat. Add in the rice. Cook for 3 minutes, continuously stirring with wooden spoon. Turn heat down to medium. Add stock gradually - when the rice has absorbed the stock, add more, stirring continuously with wooden spoon. Continue until all the vegetable stock has been absorbed. This should take around 20-25 minutes.
3. Add in cream, cheese and asparagus. Bring to boil and serve immediately.

Serves 3

