

Asparagus & Leek Risotto

Serves: 4

From the garden: leek, garlic, asparagus, lemon, peas

Ingredients:

1/2 cup shelled peas (frozen are OK)	350g arborio, vialone nano or carnaroli rice
1 large leek	125ml dry white wine (optional)
1 bunch asparagus	Flat leaf parsley
2 garlic cloves, peeled and crushed	Zest of 1 lemon
2 tbsp e.v. olive oil	55g parmesan cheese
55g unsalted butter	Sea salt and freshly ground black pepper
1 litre vegetable stock	

Equipment:

basic toolbox, chopping board, small saucepan, sauté pan, parmesan grater

Method:

1. Place stock in small saucepan and bring to boil, reduce heat to low.
2. Wash and dry asparagus. Chop off woody ends and discard into compost bin. Chop into bite size pieces and set aside.
3. Wash leek thoroughly. Using only the white part, slice finely and place in sauté pan. Add olive oil and butter. Place sauté pan on stove burner and put on medium heat. Cook leeks until soft, then add crushed garlic, sauté for a further 2 minutes.
4. Add rice and sauté in pan for 2 minutes.
5. Now add a ladle of hot stock to sauté pan. (If using the wine add at this stage). Stir through the rice with a wooden spoon.
6. Allow liquid to reduce to nearly nothing before adding the next ladle of stock. Continue adding the hot stock ladleful by ladleful until it has all been absorbed or until the rice is creamy and soft. **The risotto should not be allowed to boil rapidly, it should be on a gentle simmer.** This process should take about 15-20 minutes.
7. After the first 10 minutes of cooking add the peas and asparagus. Cook for approximately another 5-10 minutes. When the rice is cooked but still has some bite, and the liquid has been reduced, remove pan from heat.
8. Add salt to taste, lemon zest and more freshly ground black pepper to taste.
9. Stir through the parmesan and put the lid back on the sauté pan. Allow rice to rest for 2 minutes before serving.
10. Serve risotto, in warmed bowls, sprinkled with some finely chopped flat leaf parsley and some shavings of parmesan cheese.

Enjoy!

Tasks within two * __* means please get an adult to help.

Recipe reference: created by Jacky Cronin, Wodonga West Primary School