

Asparagus Risotto

Vegetable stock made with

2 qts of water
4 tablespoons white miso paste
2 carrots, sliced
2 stalks of celery, sliced
1 onion, sliced

Start cooking the vegetable stock at least one hour before making the risotto. Do not add salt.

Asparagus

Wash 2 bunches of asparagus. Cut the woody part of the stems and add these to the simmering vegetable stock. Then cut the asparagus tips and the most tender part of the stems into 1 inch diagonal pieces. Cook in a large shallow pan with 2 tablespoons of unsalted butter and ½ cup water covered with parchment and a lid. Bring to a fast simmer and immediately remove from heat. Lift asparagus out of cooking liquid and set aside. The remaining buttery asparagus jus will be added to the risotto later.

Risotto

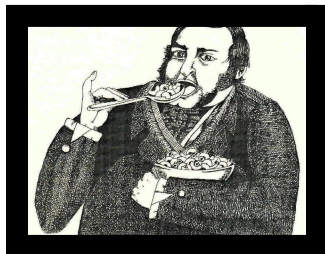
250 grams Carnaroli risotto rice (1 ¼ cups)
1 shallot, finely chopped
2 tablespoons unsalted butter
2 ounces dry white wine or dry white vermouth

Soften the shallot in butter over medium heat, add rice and mix well to coat the grains. Pour in the wine or vermouth and simmer for a few moments to burn off the harsh alcohol taste. Begin adding ladles of strained stock while stirring the risotto over medium heat, (just simmering). This process will take at least half an hour.

When the grains have swelled to double and the texture of the rice has become tender, but still firm (al dente) add the reserved asparagus jus and add ½ cup of freshly grated parmesan cheese.

Note: Do not add too much stock at one time especially after 20 minutes of cooking. When the rice has cooked, the risotto should be quite loose in texture as it will thicken in the bowl.

Taste and adjust seasoning adding salt and white pepper. Gently stir in the cooked asparagus and serve with extra parmesan.



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