



Lemon Asparagus Risotto

Recipe courtesy Laura Calder

Total Time: **55 min**

Prep: 20 min | Inactive Prep: -- | Cook: 35 min

Level: **Intermediate**

Yield: **6 servings**

INGREDIENTS

ASPARAGUS:

1 pound/500 g asparagus

1 tablespoon olive oil

1 tablespoon butter

2 cloves garlic, minced

Kosher salt and freshly ground black pepper

RISOTTO:

1 liter/4 cups chicken stock

3 tablespoons butter

1 little onion, minced

1 shallot, minced, optional

1 cup/250 g risotto

1/2/125 dry white wine

Zest of 1 lemon

1/3 cup/40 g grated Parmesan

DIRECTIONS

For the asparagus: Cut off the asparagus tops and reserve. [Chop](#) the stems into pieces, discarding the woody bits. (If the stems are really thick and tough looking, [peel](#) them first.) Heat the oil and butter in a saute pan. Add the stem pieces and cook 5 minutes. Add the garlic and then the [asparagus](#) tips. Pour over 1/4 cup/60 ml water, season with salt and pepper and cook until tender, 5 to 15 minutes, depending on the asparagus. (If you like, you can add a sprig of fresh [rosemary](#) to the dish with the garlic and asparagus tips, then remove it at the end)

For the risotto: On a separate burner, in a pot, bring the [chicken stock](#) to a [simmer](#). Heat 2 tablespoons of the butter in a [saucepan](#) and cook the [onions](#) and [shallots](#) until soft, stirring with a wooden spoon. Add the rice and stir until translucent, about 4 minutes. Stir in the [wine](#) and reduce until almost dry. Add a ladle of stock and cook, stirring, until it disappears. Continue one ladle at a time, until the [rice](#) is tender and creamy, about 30 minutes.

To serve: Remove from the heat and stir through the asparagus, remaining tablespoon of butter, [lemon zest](#) and half the cheese. Taste and adjust the seasoning. Spoon the [risotto](#) into bowls and scatter over the remaining [cheese](#).

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