



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

Asparagus Risotto

Hero Vegetable: Asparagus

Ingredients

- 2 c asparagus, roughly chopped
- 1 c arborio rice
- 1 medium leek, thinly sliced
- 2 tbsp olive oil
- ½ c dry white wine
- 4-5 c warm vegetable stock
- Salt, to taste
- Black Pepper, to taste
- Garnishes, optional
 - Unsalted Butter
 - Zest of citrus
 - ¼ c hard cheese (like pecorino or parmesan)
 - Finely chopped chives

Allergies: Dairy, Allium

Directions

Snap off the harder ends of the asparagus and roughly cut into 1" pieces and set aside. Simmer the asparagus stems in the broth for 15-20 minutes, then remove from the broth, strain, and set aside.

In a wide pan, add olive oil, until it roughly coats the bottom of the pan and heat on medium-low for a few minutes until warmed. Add the leek and a pinch of salt and cook gently until translucent. Then, add the rice and lightly toast for 1-2 minutes. Add the wine and stir until fully combined. Ladle in the stock gradually and stir gently, but often making sure to let the stock combine before adding more. It'll roughly take 18-20 minutes to fully combine, cook, and bring to the proper consistency before it's ready to serve. What you're looking for is for it to slowly slide off the spoon, not so thick that it holds its shape, nor so thin that it's soupy in texture. Add in the asparagus tips and cook for 3-4 minutes and then remove from the heat. Add salt and pepper to adjust the taste. Consider garnishing with butter, citrus zest, chives, and even some hard cheese.