

Asparagus Risotto

Serves 4

Ingredients:

2 tablespoons butter
2 tablespoons olive oil
3 whole garlic cloves peeled
1 leek thinly sliced
1 fennel bulb thinly sliced
6 cups chicken stock
1 cup Arborio rice
1 bunch pencil-thin asparagus tips
2 handfuls baby arugula
Salt and pepper
1 tablespoon Meyer lemon zest
3 tablespoons parmesan cheese
1 tablespoon finely chopped Italian parsley

Preparation:

Warm the chicken stock over medium low heat. In a large sauce pan saute the garlic cloves in a tablespoon each of butter and olive oil over medium heat. When the garlic has released its fragrance and infused the oil, remove the cloves from the pan. Add more butter and oil if necessary and sauté the leek and chopped fennel until softened and fragrant. Add the rice and stir it into the leek, fennel and oil mixture until it is well coated and slightly crispy. Begin adding the chicken stock ½ cup at a time, stirring in between additions until all the liquid has been absorbed. This process should take about 25 minutes. With the last ½ cup of broth add the asparagus tips and arugula and stir them into the rice and broth for the last five minutes. Add salt and pepper to taste, stir in the lemon zest and 2 tablespoons of parmesan cheese. Garnish with another tablespoon of parmesan cheese, a tablespoon of chopped Italian parsley and enjoy.