

# Risotto Primavera

## **Ingredients:**

- 100g shelled broad beans (2 handfuls)
- 1 medium onion
- 50g peas (1 handful)
- 1 garlic clove
- 1 pack asparagus tips, sliced
- 1.3l good quality chicken or vegetable stock, preferably homemade
- 2 tsps olive oil
- 50g butter, plus 25g stirred in at the end of the cooking
- 350g Carnaroli rice (or Arborio or Vialone)
- 100ml dry white wine (1 small glass)
- 100g parmesan, finely grated

## **Method:**

1. Drop the broad beans into boiling water, leave for 1 min, then drain and cool under cold water. Peel off the skins. Chop the onions and garlic as finely as you possibly can. Slice each asparagus spear into 4 diagonal pieces, making sure the tip remains whole. Pour the stock into a separate pan and bring to a simmer.
2. Heat the oil and half the butter in a heavy, wide pan. Tip in the onions and garlic and cook for 3-4 mins until soft and see-through, but not brown, stirring often. With the heat on medium, add the rice and keep it moving with a wooden spoon for a few mins so it gets toasted, but not coloured, and very hot. Once it starts to hiss and sizzle, pour in the wine. Keep stirring for about a min until the wine has evaporated.



3. Add ladles of stock to just cover the rice, letting it simmer, not boil. Keep stirring until all the liquid is absorbed, scraping the sides of the pan to catch any stray bits of rice. Continue to stir and add a ladleful of stock once the previous amount has been absorbed. (If you add too much stock at a time the risotto won't be as creamy.) The rice tells you when it needs more stock. You will hear it sigh and when you pull a spoon across the bottom of the pan it should leave a clear line.
4. When about half of the stock has been used add the beans and peas to the rice with some seasoning. At the same time, drop the asparagus in to the last bit of stock and let it simmer for 4 mins, then lift out with a slotted spoon and add to the rice. Start tasting the rice now too – when done it should be softened, but with a bit of bite in the centre, almost chewy, and the risotto creamy – overcooking just makes it mushy. Continue adding stock and stirring until done (you may have a little stock left). Take the pan off the heat, add half the parmesan and the rest of the butter plus a splash of stock to keep everything moist. Put the lid on the pan and leave for 3 mins to rest. Serve with the remaining parmesan.