

ASPARAGUS, PEA AND MINT RISOTTO

PAIRED WITH 2020 CABERNET FRANC | YIELDS 6 SERVINGS

INGREDIENTS

12 ounces Asparagus, trimmed, 2" pieces
4 cups Vegetable Broth
¾ cup Onions, small dice
1 tablespoon Olive Oil
6 tablespoons Butter, separated
1½ cups Arborio Rice

½ cup White Wine
1 cup Peas, fresh or frozen
1 Lemon, zested finely
1 cup grated Parmesan
1 cup Mint, fresh leaves torn

METHOD

1. Heat the stock in a pot until simmering and maintain the temperature throughout cooking (approximately 185°F).
2. Heat the oil and 2 tablespoons of butter in a large pot over medium heat.
3. Add the onions and cook until aromatic and translucent.
4. Add the rice and stir. Continue cooking until the rice absorbs the oil/butter and toasts slightly.
5. Add the wine and stir constantly until it has been absorbed.
6. Add one ladle of stock to the rice. Stir constantly until it is absorbed. Make sure not to have the heat too high so that the stock evaporates instead of being absorbed.
7. Once the stock is absorbed you can add another ladle full of stock and repeat.
8. Once the rice is beginning to soften (10-15 minutes), add the asparagus and lemon zest.
9. Continue cooking, gradually adding stock and stirring. Once the rice is almost done, add the peas. The risotto should take about 25 minutes to cook.
10. When the risotto is cooked, remove it from the heat and add the cheese and the remaining 4 tablespoons of butter. Stir until combined. You may need to add additional stock at this point so the risotto is fluid and not pasty.
11. Stir in the mint and taste for seasoning.
12. Serve immediately in a warm dish.