

Idiot's Kitchen Recipe – Spring Vegetable Risotto

Recipe from www.idiotskitchen.com



Ingredients:

1 ½ cups Arborio Rice – short grained Italian rice
3 Leeks
1 pound Asparagus, trimmed and cut into 1 inch pieces
4 cups Baby Spinach
1 cup Frozen Peas
3 Tablespoons Butter
1 Cup White Wine
4 cups Vegetable Broth
Fresh Parsley
Fresh Basil
Parmesan or Romano Cheese – 1 cup + additional for topping
Salt & Pepper

Trim the ends off the leeks so only the white and light green parts remain. Slice in half and rinse thoroughly to remove any sand and dirt. Chop into thin semicircles and set aside. Snap the tough ends off the asparagus rinse and chop into 1 inch pieces. Bring a pot of salted water to a boil and quickly blanch the asparagus for only 1-2 minutes. Immediately place the cooked asparagus in a bowl of ice water to stop the cooking and retain the bright green color.

Heat 4 Cups of Vegetable Broth in a small sauce pan. Melt 2 Tablespoons of butter in a large pot. Sauté the leeks over medium heat 5 minutes until tender but not browned. Turn the heat down to medium low. Add 1 ½ cups of Arborio rice and stir to coat with the butter from the leeks. Add 1 cup of dry white wine to the rice and leeks and stir until absorbed. Working in small batches, add ladles (or approximately 1 cup) of the broth to the pot and stir until it has almost been absorbed by the rice. If your broth starts running low, add 1 cup of hot water. Continue this process of adding liquid and stirring for about 20 minutes or until the risotto is *al dente* – soft on the outside and slightly firm in the center. Stir constantly to ensure that the risotto cooks evenly and does not stick.

Add 4 big handfuls (approximately 4 cups or ½ bag) of baby spinach, 1 cup of frozen peas, and the drained asparagus to the pot. Add 1 cup of shredded Parmesan or Romano cheese (I use Pecorino Romano), ¼ cup chopped parsley and salt and pepper to taste.

Serve immediately topped with chopped fresh basil and extra grated cheese.

Makes 4 large servings.