
Vegetarian Spring Asparagus Risotto

Sendik's Fine Foods

Internet Address: Access our online cookbook at www.sendiksfinefoods.com

4-5 cups of vegetable stock
1- 1 1/2 bunches of asparagus
2 tablespoons olive oil (to coat the pan)
2 cups mushrooms
salt and pepper, to taste
1 small onion, chopped finely
3 cloves garlic, chopped finely
1 cup Arborio Rice
1/2 cup dry white wine
3/4 cup parmesan cheese
1/4 cup chopped flat leaf parsley

Pour the stock in a saucepan. Snap off the tough ends of the asparagus, and add to stock to simmer. Slice the spears on the diagonal into 1/2 inch thick pieces. Set aside.

Heat olive oil in large saucepan. Add onions and rice, stirring continuously cook until rice and onions are translucent but not brown. Add garlic and cook 30 seconds.

Add wine and cook, stirring, until alcohol is burned off.

Adjust the heat so the rice cooks at a slow simmer and begin to add the stock one ladle at a time - about 1/2 cup. Cook until nearly dry before adding another ladle. Continue this process.

After about 15 minutes, taste the rice. If it is more tender than tough, add the mushrooms and asparagus. Continue cooking this mixture while adding the stock until the rice is cooked but still has a touch of tooth, about 5 more minutes. Add parsley and cook very briefly until cheese melts.

Vegetarian Entrees
