

Asparagus Risotto

This is a stirring together recipe. There is lots of stirring, so, get a friend or grown up to help you!

What to find:

Serves 4
300g asparagus
25g butter
1 tablespoon Olive Oil
1 small onion
300g Risotto rice
1 litre vegetable stock (warm)
50g parmesan cheese
Black pepper

Kitchen stuff:

Chopping board
Vegetable knife
Large shallow pan
Ladle
Wooden spoon
Steamer / colander over a pan of boiling water
Grater

What to do:

1. Trim the asparagus; peel the stem base if it is woody.
2. Cut asparagus into bite size pieces, leaving the spears whole.
3. Hold the onion firmly and take a sharp knife to cut off the top and bottom, cut the onion in half and then it is easier to peel. Chop the onion into small pieces.
4. Heat the butter and olive oil in the pan and cook (sauté) the spring onion to soften it.
5. Add the risotto rice to the pan and cook for 2 minutes to coat it in the melted butter and oil.
6. Add the warm stock, a ladle full at a time, slowly stirring carefully. Continue stirring until the stock has been sucked up (absorbed).
7. Meanwhile steam the asparagus stem pieces for 5-8 minutes until they are tender, adding the tips for the last two minutes of cooking time.
8. Grate the parmesan cheese and add it to the risotto and stir well.
9. Add the cooked asparagus, gently stir and season to taste with freshly ground black pepper.

Tip:

If you don't know what sauté means ask a Grownup.
Try adding a handful of toasted pinenuts to your risotto.

ALWAYS HAVE A GROWN UP IN THE KITCHEN WITH YOU, WHEN YOU COOK