

# Recipe of the Month



## Gluten Free Asparagus and Pea Risotto



### Ingredients

- 4 to 5 cups gluten free vegetable broth (or chicken broth) simmered
- 4 teaspoons extra virgin olive oil (divided)
- 1 pound asparagus (rinsed, tough ends removed and sliced into 1 inch long pieces)
- 1 yellow onion (diced)
- 2 cloves garlic (minced)
- 1 cup Arborio rice
- 1/2 cup room temperature dry white wine
- 1 cup peas (thawed if frozen)
- 1/2 cup freshly grated (GF) Parmesan cheese
- Parmesan shavings (for garnish)
- 2 tablespoons fresh Italian flat leaf parsley (chopped)
- Salt (to taste)

### Method

**Serves:** 2-4

**Prep time:** 15 mins

**Cooking time:** 35 mins

- In a medium sized pot, heat the broth to a simmer. Continue to simmer on a low heat as you prepare the rest of the risotto.
- In a medium sized sauté pan or skillet, heat 1 teaspoon of olive oil over a medium heat. Add the asparagus pieces and cook until softened and just about fork tender, about 5 to 7 minutes. Season with salt and pepper to taste.
- While the asparagus is cooking, heat 1 tablespoon of olive oil in a separate, wide sauté pan or heavy skillet over a medium high heat.
- Add the onions and cook until softened, about 3 to 4 minutes. Add the garlic and cook until fragrant, about 1 minute.
- Add the Arborio rice to the pan and stir to coat. Cook until you hear the rice begin to pop and / or crackle.
- Reduce heat to medium and add the room temperature white wine (cold wine will shock the rice, flake the outside and harden the core). Cook until wine is evaporated and absorbed.
- Take one cup of simmering broth from the pot and pour it over the rice. Stir gently until well combined. Cook, stirring frequently, until the liquid reduces and there is very little liquid left in the pan. As the risotto cooks, it should be bubbling but not rapidly. Reduce the heat to medium low if the risotto is bubbling too much.
- Repeat the step above, adding one cup of broth at a time after the previous cup is absorbed. The risotto will thicken and become creamy throughout this process, which takes about 25 to 30 minutes. The risotto is done when the rice is tender but still has a bite.
- When you add the final cup of broth, add the sautéed asparagus.
- When the last bit of broth is just about absorbed, fold in the grated Parmesan and remove from heat. Season to taste with salt and pepper.
- Divide the risotto between two bowls for a hearty main meal, or four smaller plates as a side dish. Garnish each bowl with a few Parmesan shavings.

You don't have to use the broth in its entirety. If you achieve the right texture with four cups of broth, stop there and save the remaining cup for another use.