

Plumpton Asparagus, Pea & Mint Risotto

Serves four

2 bunches Plumpton asparagus
400 gm Arborio risotto rice
1 large glass white wine
2 pints vegetable stock
200 gm grated parmesan cheese
4 sprigs of garden mint
100 gm fresh peas
1 small bag frozen peas (approx 500g)
3 cloves of peeled crushed garlic
4 shallots peeled and chopped
Olive oil to fry

Method

Peel the asparagus spears if they are thick but if they are thin just crack them where they break and discard the woody base. Blanch in boiling salted water then refresh under cold water and leave to one side to saute for service.

Fry the shallots and garlic in the olive oil in a tall sided pan, next add the washed and drained Arborio rice and using a wooden spoon stir in the pan and add the white wine. Allow this to reduce and keep stirring. Next add a ladle of vegetable stock and keep adding ladles of the stock and stir (No one said it was easy!)

(The best risottos are stirred like crazy at the start and once the rice starts to soften you hardly stir at all)

Next blend the frozen peas with some boiling salted water to form a soup like paste with the washed leaves of the fresh mint. Pour into the softened rice until it is a vibrant green and still risotto like consistency.

Add the parmesan cheese and correct the seasoning.

Place the hot risotto in the centre of the plate and add the hot spears of asparagus on the top.

Serve with some parmesan shavings around the plate and a drizzle of good quality olive oil around the plate.