

Asparagus Risotto w/ Truffle Oil

Swick

Serves 1 | Active Time: 1 hour 15 minutes | Total Time: 1 hour 15 minutes

Step 1: Preparing Your Mise en Place

- 2 1/2 cups vegetable stock
- 2 1/2 cups water
- 1/2 tsp sea salt, or to taste
- 1/2 cup onions
- 2 cloves garlic
- 1 cup risotto rice (see note)
- 2 tbsp extra-virgin olive oil
- 1/4 cup white wine or vermouth

Note: For the liquid, use a combination of 50% water and 50% stock so you don't overpower the flavor of the puree. Always keep in mind that more or less liquid may be needed to cook this dish. It's always better to have too much than not enough.

To prepare your mise en place, place the liquid into a pot, season with the salt (if needed) and bring to a boil. Once boiling, reduce the heat to low and keep hot.

In the meantime, finely dice the onions and garlic.

Measure out the rice, olive oil and white wine. Set aside.

Note: For this dish, it is important to use rice that is suitable for risotto.

Step 2: Preparing the Asparagus & Purée

- 2 bunches asparagus

To make the asparagus purée, first set up an ice bath. Wash and trim the ends off of the asparagus. Cut the tips off of the asparagus about 1 1/2" -inches long. Set the tips aside. Cut the stalks into 1" -inch pieces and set aside and keep separate.

Cook the asparagus stalks in the simmering cooking liquid until tender and cooked through. Once done, scoop out of the cooking liquid with a strainer and transfer immediately to a blender. Add about 1/4 cup of the cooking liquid and purée for at least 2 minutes until completely smooth. Add enough cooking liquid to ensure the mixture can move freely in the blender. Once smooth, strain the purée through a sieve and into a small pot.

Next, par-cook the asparagus tips in the cooking liquid. Once almost done, transfer to the ice bath to stop the cooking process. Drain and set aside.

Step 3: Starting the Risotto

Place the oil into a large, heavy-bottomed pan and heat over medium to medium-low heat.

Add the onions and a pinch of salt and sweat until soft and translucent, about 10 to 15 minutes. Next, add 1/4 cup of the hot cooking liquid to soften the onions further. Let the cooking liquid completely evaporate before moving onto the next step.

Once the liquid has completely evaporated, turn the heat up to medium-high and add the rice all at once. Stir to coat the rice in the hot fat. Monitor the heat so the aromatics do not burn. Toast the rice for a few minutes until the outer layer of the grains is translucent.

Once toasted, add the garlic and cook, stirring just until the garlic is fragrant, about 30 seconds. Deglaze with the wine. Stir the rice until the wine evaporates.

Step 4: Cooking the Risotto

Once the wine has evaporated, add one cup of the hot liquid. Stir often to draw the starches out of the rice. Once almost absorbed, add one cup of the asparagus purée and continue to stir. Once the asparagus purée thickens and reduces, go back to adding the hot cooking liquid. Add the next cup of liquid only when the last cup has been absorbed by the rice. Stir frequently. During the cooking process, make sure to adjust the heat so the liquid is always gently boiling.

Continue to add liquid and cook the risotto until it almost reaches the al dente stage (or until it is done to your liking). Start tasting the rice for doneness around the 15 minute mark.

Step 5: Finishing the Risotto

- 1 to 2 tbsp extra-virgin olive oil (optional)
- truffle oil (for garnishing)

Just before the risotto finishes cooking, add another cup of the asparagus purée into the risotto to revive the green color.

Once the risotto has been cooked to your liking, taste it for seasoning. Stir in a bit of olive oil, if desired. Next, fold in the asparagus tips, cover and let rest for 1 to 2 minutes.

Just before serving, add a bit of hot liquid to loosen the consistency, if necessary. Plate on warmed dishes. Drizzle with just a touch of truffle oil. Serve immediately.