

Spring Risotto

Swick

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

Step 1: Enhancing the White Sauce

- 2 cups Basic White Sauce
- 1 lemon, zested and juiced

First, prepare your mise en place.

To enhance the Basic White Sauce, in a blender, combine the Basic White Sauce with lemon juice and zest until smooth. Set aside.

Step 2: Sautéing the Aromatics

- 1 1/2 tbsp olive oil*
- 1/3 cup leeks, diced
- 1 1/4 cups fresh english peas, shelled
- 1/3 cup zucchini, cubed
- 1/3 cup asparagus tips
- 1/3 cup dry white wine

To sauté the aromatics, bring a deep fry pan to medium heat. Add the olive oil and leeks, stirring until golden and just about to stick. Add the peas, zucchini, and asparagus and continue to sauté for a few minutes. When they begin to stick, deglaze the pan with the white wine.

*Note: If cooking with no oil, add 1/4 cup low-sodium vegetable stock in place of the olive oil.

Step 3: Finishing the Risotto

- 3 cups pre-cooked grain of your choice (brown rice preferred)
- 2 tsp fresh mint, minced
- 1/4 cup fresh parsley, minced
- 1/2 to 3/4 cup vegetable stock
- sea salt, to taste
- freshly ground black pepper, to taste
- drizzle of black truffle oil, for garnish
- 1 fresh summer truffle, shaved, for garnish (optional)

To finish the risotto, add the brown rice, mint and parsley and combine thoroughly. Sauté for 2 to 4 minutes until it sticks. Add a splash of vegetable stock, then pour the white sauce over the rice mixture. Lower the heat to medium-low. Stir continuously and cook for about 5 minutes, allowing the liquid to reduce and thicken. Add more vegetable stock to loosen, if needed.

Remove from the heat, season with freshly-ground black pepper, lemon zest and a drizzle of truffle oil.

Cover the risotto with optional fresh-shaved truffles.