

How to make

Risotto Verdure

Serves 2

Ingredients:

- 100g shelled broad beans (800g/1lb 12oz in the pod)
- Half a chopped onion
- 1 small garlic clove
- 6 asparagus
- 650cl good quality chicken or vegetable stock
- 1 tbsp olive oil
- 50g butter
- 175g Arborio rice (or Carnaroli or Vialone)
- 50ml dry white wine
- 50g shelled peas
- 1 small sliced courgette
- 50 gr cooked French beans, cut in half
- 50g baby spinach
- 5-6 leaves of mint
- 1 teaspoon of chopped, flat leaf parsley
- 50g Parmesan, finely grated
- A pinch of salt and pepper

Preparation:

Cook in 18 minutes (if the stock is ready)

1. If using fresh broad beans drop them into boiling water, leave for one minute and then drain and cool under cold water before peeling off the skins. For frozen broad beans just thaw then peel. Chop the onions and garlic as finely as you possibly can and snap the woody bases from the asparagus spears before cooking the asparagus.
2. Pour the stock (vegetable or chicken stock, can be from a cube) into a separate pan and bring to a simmer.
3. Heat the oil in a heavy, wide pan. Tip in the onions and garlic and cook for 3-4 mins, stirring frequently until they are soft and see-through, but not brown. With the heat on medium, add the rice and keep it moving with a wooden spoon for a minute until it gets very hot and toasted, but not coloured. Once it starts to hiss and sizzle, pour in the wine and keep stirring for about a minute until it has evaporated.
4. Now add two ladles of stock to the pan, letting the contents simmer but not boil. Keep stirring until all the liquid is absorbed, scraping the sides of the pan to catch any stray bits of rice. Continue to stir and add another ladleful of stock once the previous amount has been absorbed. If you add too much stock at a time the risotto won't be as creamy. The rice tells you when it needs more stock - you will hear it sigh and when you pull a spoon across the bottom of the pan it should leave a clear line.
5. After 8-10 mins add the broad beans, courgettes and peas to the rice. Then add more chicken stock and taste for seasoning. Next, add the sliced asparagus and French beans. Start tasting the rice now too - when done it should be softened, but with a bit of bite in the centre - almost chewy - and the risotto should be creamy. Overcooking will just make it mushy. Continue adding stock and stirring for about 6-7 minutes until done - don't worry if you have a little stock left at the end. Take the pan off the heat, add half the Parmesan and the rest of the butter plus a splash of stock to keep everything moist. Leave to rest for two minutes and garnish with the asparagus spears before serving.

