

# LOW & SLOW ASPARAGUS RISOTTO

Why take it low and slow? Cooking short-grained arborio rice a little longer and lower allows the plump grains to release more starch, making for an extra creamy risotto. It's like you're giving the rice a massage and it's relaxing with joy to make your dinner succulent, juicy and flowing.

**Serves: 4-6**  
**Time: 40 minutes**



## INGREDIENTS

80 grams (3 oz) onion  
40 grams (1.5 oz) olive oil  
300 grams (10 oz) arborio rice (see Tips)  
80 grams (3 oz) white wine  
1 tablespoon vegetable stock paste  
120 grams (4.4 oz) mushrooms, sliced  
1100 grams water (38 oz), plus 100-200 grams (3.5-7 oz) for cooking asparagus  
150 grams (5 oz) baby spinach  
50 grams (2 oz/half a stick) butter  
2 bunches asparagus, woody ends trimmed  
½-1 tsp truffle oil (optional, see Tips)  
lemon zest, grated  
60 grams (2.2 oz) Parmigiano Reggiano



## METHOD

1. Place onion in mixing bowl and chop **2 sec/speed 6**. Scrape down sides of mixing bowl with spatula.
2. Add olive oil and cook **3 min/Varoma/speed 1**.
3. Add rice and cook **2 min/100°C (212°F)/Rev/speed 1.5**. Scrape base of mixing bowl to loosen rice.
4. Add white wine and cook **2 min/100°C (212°F)/Rev/speed 1.5**. Scrape base of mixing bowl to loosen rice.
5. Add stock paste, water and mushrooms. Scrape base of mixing bowl. Cook for **25 min/90°C (195°F)/Rev/speed 1.5**.
6. Place spinach in a Thermoserver or large bowl and pour risotto over it. Cover while cooking asparagus.
7. Place butter in pan and heat over medium high heat until foaming. Add asparagus to coat in butter and fry until nearly cooked and, if desired, slightly charred. Add water and let asparagus cook through.
8. Add truffle oil and stir through. Grate over a little lemon zest. Top risotto with asparagus and shaved parmesan.

### Tips

- Arborio rice is a plump short-grained rice that releases its starches and becomes creamy when gently cooked and stirred. It's supposed to have a slight bite to it when cooked
- Use broccolini instead of asparagus, depending on what's in season
- Truffle oil is best used sparingly; a little goes a long way. If you don't have any, simply leave it out
- Use Grana Padano instead of Parmigiano Reggiano, if desired
- Save the last sloshes of a wine bottle, put them into a container and into the freezer so you always have wine for risotto and other cooking needs