

Easy Risotto

Ingredients:

- 3 TBSP butter (or olive oil to keep it healthier!)
- 1 lb asparagus - cut into 1 inch pieces (or substitute other veggies)
- 3 cups veggie broth
- 2 shallots (or substitute a small onion)
- $\frac{3}{4}$ cup Arborio rice
- Salt & pepper
- $\frac{1}{2}$ cup parmesan

Instructions

1. Melt 1 TBSP butter in heavy medium saucepan over medium-high heat. Add asparagus and cook until beginning to soften, stirring frequently, about 3 minutes. Transfer to bowl; reserve saucepan. (No need to clean it!)
2. In a separate small saucepan, bring 3 cups broth to simmer. Reduce heat to low and keep warm.
3. Melt remaining 2 TBSP butter in the reserved saucepan over medium-low heat. Add shallots and cook until tender, about 5 minutes. Add rice and stir until opaque for about 2 minutes.
4. Add $\frac{1}{2}$ cup broth. Adjust heat so liquid simmers slowly and cook rice until broth is absorbed, stirring occasionally. Continue adding broth $\frac{1}{2}$ cup at a time until rice is just tender and creamy. Continue to stir occasionally about 25 minutes total. Season with salt and pepper. Add asparagus and stir until heated through. Mix in parmesan.

The story behind this recipe. This is the easiest and most flexible risotto recipe I have found. I remember my AFS host mother stirring and stirring the Risotto Milanese when I lived in Italy. This version requires only occasional stirring. You can substitute zucchini, mushrooms or virtually any other vegetable for the asparagus. Enjoy!