



vege<sup>leaf</sup>  
table

Recipe #2 - May / june

**Risotto with local green  
asparagus, wild garlic and  
locally-grown arugula shoots**





## Ingredients

TOTAL:  
16.50 CHF

For 4 servings:

<b>500 g</b> pencil asparagus	<b>9 dl</b> vegetable stock (made from a cube of vegetable bouillon without flavor enhan- cers such as MSG)
<b>200 g</b> Arborio rice	<b>1</b> onion, minced
<b>60 g</b> grated Parmesan cheese	<b>1 tbs</b> crushed pistachios
<b>50 g</b> butter	<b>1 tbs</b> hulled pistachios (without skins)
<b>50 g</b> wild garlic	Arugula shoots
<b>2 tbs</b> olive oil	
<b>1 dl</b> white wine	

## Wild garlic pesto

Using a food processor, blend the wild garlic, 2 tablespoons olive oil, 1 tablespoon grated Parmesan cheese and 1 tablespoon hulled pistachios together until smooth

## Asparagus

Cut off and discard the tough bottom ends of the stalks. Remove the heads and set aside, and cut the stalks into 3-cm-long pieces.

## Risotto

Heat the olive oil in a saucepan over medium-low heat.

Add the cut asparagus stalks (without the heads) and sauté for about 2 minutes, then remove and set aside.

Add a little more olive oil to the saucepan and cook the minced onion until it starts to “sweat.” Then add the Arborio rice and let it sauté while stirring often until the grains become translucent.

Add the white wine and stir until the liquid has completely evaporated.

Stirring constantly, add the vegetable stock progressively until the rice is covered with liquid.

After about 10 minutes, add the asparagus heads and the sautéed stalks.

Let the mixture simmer for about 10 more minutes, while continuing to stir, until the rice is tender but still firm (al dente).

Add the wild garlic pesto, butter and grated Parmesan cheese and mix together.

Check the texture and season to taste. The risotto should be somewhat creamy – if need be, add a bit more stock.

Serve immediately, adding a few shoots of arugula and the crushed pistachios as garnish.



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