

Mushroom risotto, asparagus and Maille fines herbs Dijon mustard

Recipe for 4 persons



Description

Arborio rice cooked with a ladle of vegetable broth flavored and colored with Maille fines herbs Dijon mustard and garnished with green asparagus and oyster mushrooms for an original vegetarian dish.

Note

You can pre-cook the risotto and stop the cooking process after about 15 minutes when the rice is still crunchy and before you add in all the garnish. Simply spread the risotto on a large cookie sheet. This way you can resume cooking when you are ready to serve by warming up your rice with the remaining broth and subsequently incorporating all remaining ingredients.

Ingredients

For the risotto

- 300 Gr Arborio rice
- 1 Unit(s) White onion
- 200 Ml White wine
- 1 Liter(s) Vegetable stock
- 45 Ml Maille fine herbs mustard
- Salt and pepper
- Olive oil

For the garnish

- 50 Gr Butter
- 50 Gr Parmigiano reggiano
- 0.50 Bunch(es) Green asparagus
- 200 Gr Oyster mushroom
- 1 Clove(s) Garlic
- 6 Sprig(s) Chives
- Salt and pepper
- Olive oil

Preparation

- Preparation time **30 mins**

General preparation

Cut the mushrooms into strips. Chop the onion. Chop the fresh thyme and garlic. Chop the chives. Remove the fibrous parts of asparagus and cut into wedges. With half the Parmesan make shavings using a peeler and grate the other half.

Asparagus and mushroom preparation

Cook the asparagus in a saucepan of boiling salted water about 1-2 minutes, then plunge them immediately into an ice water bath to stop cooking. Keep some heads of asparagus aside for decoration. In a pan, drizzle some olive oil and saute the mushrooms over high heat until browned. Season with salt and pepper, add the chopped fresh thyme and chopped garlic. Cook for 2 minutes.

Risotto preparation

In a saucepan, heat the vegetable broth and season with salt and pepper if necessary. In another pot, drizzle with olive oil and sweat the onion until tender. Add rice and stir until the rice grains become translucent. Deglaze with the white wine. Stir and let the liquid evaporate completely. Pour a ladle of hot stock, stirring often until liquid is absorbed. Add remaining broth ladle by ladle, stirring constantly until the rice is cooked but still al dente, about 20 minutes. Stir in mushrooms and asparagus, cook another minute to heat through. Remove from heat, add the grated Parmesan, half of the chives and butter cubes, with the Maille fines herbs Dijon mustard. Mix gently and adjust seasoning.

To serve

Present your risotto in a bowl and decorate a few asparagus tips, parmesan and chives and a drizzle of balsamic glaze.

Bon appétit!