

Saffron epress risotto with mushrooms, asparagus and herbs Maille Dijon Maille |

Recipe for 4 servings

Description

Arborio rice cooked with a ladle of vegetable broth flavored and colored with saffron, Maille fines herbs Dijon mustard and ganished with green asparagus and 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

- 250 Gr Arborio rice
- 150 Gr White onion
- 200 Ml White wine
- 1 Liter(s) Vegetable stock
- 45 Ml Maille fine herbs mustard
- 1 Pinch(es) Saffron

- Salt and pepper
- Olive oil

For the garnish

- 50 Gr Butter
- 50 Gr Parmigiano reggiano
- 12 Unit(s) Green asparagus
- 150 Gr Shiitake
- 1 Clove(s) Garlic
- 6 Sprig(s) Chives
- 150 Gr Button mushrooms

- Salt and pepper
- Olive oil

Preparation

- Preparation time **30 mins**

General preparation

In a saucepan, bring the broth to a boil with the safran, add your rice and cook 7 minutes. Once pre-cooked rice, drain keeping the broth. Spread rice on a plate or cookie sheet to stop the cooking. Cut the mushrooms into thin strips. Finely dice the onion. Chop the thyme and garlic. Chop the chives. Remove the fibrous part of the asparagus and cut into 2cm long pièces keeping the heads intact for presentation. With half the Parmesan make shavings using a peeler and grate the other half.

Asparagus and mushroom preparation

Cook asparagus in a saucepan of boiling salted water about 1-2 minutes and immediately immerse in a bath of ice water to stop the cooking. Keep some asparagus heads aside for decoration. In a skillet, add a drizzle of olive oil and cook 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 another pan, pour a little olive oil and sweat the onion until tender. add the mustard and white wine then bring to boil again, Add the rice, pour a ladle of hot broth, stirring often until liquid is absorbed. Add remaining broth ladle by ladle, stirring continuously until the rice is cooked but still al dente, about 7 to 10 minutes. Stir in mushrooms and asparagus into the risotto, cook another minute to heat through. Remove from heat, add the grated Parmesan, half the chives and butter cubes with the mustard. Mix gently and adjust seasoning with salt and Pepper. Serve immediately

To serve

Present your risotto in a bowl and decorate a few asparagus tips, parmesan and chives and a drizzle of balsamic glaze. It's important to serve the risotto as soon as it is ready for optimal taste and texture

Bon appétit!