

# Sun dried tomatoes pesto risotto, lemon zests edamame and basil oil |

Recipe for 4 servings



## Description

Sun dried tomatoes pesto, lemon zest edamame, garlic and basil oil.

## Note

- Using frozen edamame is a fast and economical way to go and the final result will be just as delicious.
- Be careful with the cooking time for the rice!! It's better to have the grain a little crunchier at first and to cook it more in the finishing step.
- To make it simpler at service you can make all the preparation in the morning and do the finishing of the dish when you are ready to serve your guests.
- Try to bring all the ingredients close to room temperature before starting the final steps for better results.

## Ingredients

### Basil oil

- 2 Sprig(s) Basil
- 60 Ml Olive oil
- Salt and pepper

### Sun dried tomato pesto

- 2 Sprig(s) Basil
- 1 Tbsp Pine nuts
- 2 Tbsp Grated parmigiano reggiano
- 1 Clove(s) Chopped garlic
- 50 Ml Olive oil

### Risotto

- 250 Gr Arborio rice
- 1 Unit(s) White onion
- 200 Ml White wine
- 1 Liter(s) Vegetable stock
- 25 Gr Butter
- Salt and pepper

### Edamame beans

- 150 Gr Edamame (soybeans)
- 1 Unit(s) Lemon
- Salt and pepper

- 25 Ml Lemon juice
- 50 Gr Sundried tomatoes
- 1 Tbsp Capers
  
- Salt and pepper

## **Preparation**

- Preparation time **40 mins**

### Cooking the risotto

In a hot skillet (kept at medium/ medium-high heat), add the olive oil and sweat the onions until they become translucent. Add the rice and the thyme to the skillet and continue cooking until the rice is also translucent and the thyme releases it's perfume. Add the white wine to deglaze the skillet and stir the rice to promote evaporation and absorption. Ladle in the warm broth to cover the rice and continue cooking until it is all absorbed. Once the liquid is absorb add more and continue the same process until the rice reaches the desired doneness (a bit of Crunch in the middle) Once the desired doneness is achieved, spread the rice on a cold cookie sheet to stop the cooking process and continue to the next steps.

### Sun dried tomato pesto

In a mixer add the basil, sun dried tomatoes, pine nuts, capers, cheese, lemon juice and the garlic. Start the mixer while slowly drizzling the olive oil until the consistency becomes creamy and a little grainy. Season with salt and Pepper and set the preparation aside for further use.

### Edamame

In a pot filled with boiling salted water blanch the edamame until they are tender. Using a slothed spoon or strainer retrieve the beans and run them Under cold water to stop the cooking process. Set aside as they will be added in the risotto at the last minute. Zest the lemons and set aside for the presentation of the dish.

### Final cooking steps

In a pot, add the partially cooked rice with some warm vegetable stock to continue the cooking of the rice. When the rice has 2 minutes left of cooking add to the pot the edamame and continue cooking as to warm all the ingredients up. Once the risotto is done cooking add the lemon zests and serve immediately.

**Bon appétit!**