

White wine risotto, green asparagus cream and parmesan tile - Vidéo Atelier

Recipe for 2

Description

Classic recipe, simple ingredients, minimum effort for maximum flavors!

Note

We use a cream of asparagus, another vegetable of your choice can go very well too (squash, cauliflower, carrot..etc)

Ingredients

Risotto

- 200 Gr Arborio rice
- 1 Unit(s) White onion
- 4 Sprig(s) Thyme
- 200 Ml White wine
- 1 Liter(s) Vegetable stock
- 100 Gr Parmigiano reggiano

Asparagus cream

- 0.50 Bunch(es) Green asparagus
- 250 Ml Vegetable stock
- 50 Ml Cream 35%

Parmigiano tiles

- 50 Gr Parmigiano reggiano

Preparation

- Preparation time **45.00 mins**
- Preheat your **Oven** at **400.00 F°**

Preparations before the video

Ingredients

Make sure you have all your ingredients, as well as salt, pepper, vegetable oil or olive oil and butter

Materials

A cutting board, a large chef's knife, a small paring knife and a peeler.

Clean cloths and sponges, table waste garbage can.

A pot or pan (risotto cooking)

One pot (vegetable broth), another for cooking asparagus.

1 small baking tray with Silpat or baking paper and 1 metal spatula

1 wooden spoon or plastic spatula (maryse).

1 soup spoon (for snacks), 1 small ladle

1 electric hand blender. (ideally)

Serving plates

Mise-en-place

Preparation of the vegetable broth (risotto and cream of asparagus)

Chop the thyme, cut finely the onion. Slice down the asparagus in very small chunks. Shred the parmigiano for the tiles.

Risotto

In a pan with olive oil, sweat the onions with the thyme, add the rice and roll it in the oil. Add the white wine, cook it on medium heat until the wine is totally evaporated, cover the rice with the vegetable bouillon, gradually, and cook everything until it's totally absorbed. Repeat it until the rice is fully cooked.

Asparagus cream

Warm the chicken stock, put the asparagus inside and let it cook for 6 minutes until tender. Add the cream and get it smooth with the hand blender, salt and pepper.

Tiles

On a baking tray put a silpat or a parchment paper, put some cookies cutter (or not), with a little bit of parmigiano inside, remove the cutter. Cook it in the oven until you get a nice golden brown coloration, 3-4mins. Reserve.

Plating

In a big plate, put a couple spoons in the middle of the plate, three scallops on the top, a tile of parmigiano and a couple spoons of asparagus cream around.

Bon appétit!