

Asparagus Risotto



Ingredients:

3 cups ordinary parboiled rice
3 cups white wine
6 cups water
1 cube vegetable stock
2 spring onions chopped
1 tablespoon chopped fresh mint & basil
1lb fresh green asparagus
2oz (50g) butter
2 tablespoons extra virgin olive oil
2oz (50g) Pecorino cheese grated
Pressure cooker

Preparation:

Wash asparagus and discard the white and woody part of stems. Cut away tips, blanche them in boiling water for 10 minutes, drain and put aside. Dice remaining parts of stems. In a pressure cooker melt butter together with extra virgin olive oil, add diced stems of asparagus and spring onions. Sauté for a minute or so. Add rice and sauté for two minutes. Add stock cube, water and white wine. Stir well and close the pressure cooker. As soon as the pressure cooker start to whistle reduce heat to minimum and cook for *exactly 6 minutes*. Remove from the heat, *allow all pressure out before opening*. Stir in first chopped mint and basil, then grated pecorino cheese and blanched asparagus tips. Allow to rest for a few minutes and serve.

Makes 6 servings

