

ASPARAGUS AND PEA RISOTTO



This asparagus recipe comes courtesy of British Asparagus from the Asparagus Growers' Association. Visit their web site for lots more information on asparagus and cooking ideas—www.british-asparagus.co.uk

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Serves 2



WHAT YOU NEED

Half bundle of British asparagus (approx. 125g)

4 spring onions, chopped finely

½ green chilli, de-seeded and chopped finely

½ glass of white wine

2 tbsp (10g) grated parmesan

Juice and zest of 1 small lemon

600ml chicken or vegetable stock

2 cloves garlic, crushed and chopped

150g Arborio rice

100g peas

3 tbsp (85g) crème fraiche

Handful of chives, chopped finely.

WHAT TO DO

1. Place the stock on a slow heat and keep it there whilst you are making your risotto.
2. In a separate large pan melt your butter and then add the spring onions, garlic and chilli and cook until soft—about 5 mins.
3. Add the Arborio rice and mix round well so it absorbs all the flavours, before adding the white wine.
4. When the white wine has been absorbed, add the asparagus spears and start adding ladleful by ladleful of stock, adding the next one when one has been absorbed.
5. After 15 minutes of continual stirring and adding the stock, taste and adjust the seasoning and then add the peas.
6. After a further 5 minutes turn off the heat, add the parmesan and crème fraiche, lemon zest and juice and let them melt in before dishing up. Finish off with some chopped chives.

Use freshly picked asparagus from The Fruit Fields Pick Your Own for this Recipe. You can call the 24-Message Line Numbers for the Farms for details on opening hours and produce availability:

- ◆ Calves Lane Farm, Iver: (01753) 652727
- ◆ Lower Mount Farm, Cookham: (01628) 529511