

Champagne and Asparagus Risotto in the Breville Risotto Cooker

Tarla Fallgatter, cooking instructor, from a class in the 1980s



1 pound asparagus, lower stems removed
1/2 cup onion, finely minced
4 ounces unsalted butter
2 cups Arborio rice
1 cup champagne (yes, really)
6 cups low-sodium chicken broth
1 cup Parmigiano-Reggiano cheese, grated
3 tablespoons heavy cream
1 tablespoon unsalted butter, softened
Salt and freshly ground black pepper to taste

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Servings: 10

NOTES: As a side dish this will serve about 8-10 people. If making as a main dish, it will serve about 5.

1. Remove tough stems from asparagus and discard. Remove tips from asparagus and set those aside. Cut remaining asparagus stems into small pieces. Start risotto cooker on the Saute function, add a bit of broth and cook until the asparagus is nearly cooked. Add the asparagus tips and continue cooking until they're just barely done. Pour out into a dish and set aside. Drain off any excess broth.
2. Heat risotto cooker on Saute and add butter, then the onion. Cook until the onion is fully translucent and cooked through. (May be prepared ahead an hour or so to this point.) While still in the saute function, add the rice and stir until well coated with the butter. Add the champagne (it's okay if it's a day or two old and lost its fizz) and simmer, stirring, until the champagne has evaporated.
3. Meanwhile, heat the chicken stock to a simmer in the microwave or another pan. Pour in about 5 cups of the broth. Continue on the saute setting until the broth has started to bubble around the edges. Change setting to Risotto, put lid on. Stir the risotto once or twice during the next 25 minutes. If the risotto is too dry, add more hot broth.
4. When the bell rings on the risotto cooker the risotto should be very creamy, almost like thick soup. Stir in the asparagus, cheese, cream and softened butter. You want it to be just barely oozing on the plate - soft, but not runny. You can add more broth as needed to get that consistency. Season with salt and pepper to taste. Serve immediately! If you must allow the risotto to sit for a few minutes, you may need to add a bit of hot tap water to thin it out.

Per Serving (excluding unknown items): 325 Calories; 16g Fat (43.2% calories from fat); 13g Protein; 34g Carbohydrate; 1g Dietary Fiber; 40mg Cholesterol; 183mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.