Champagne and Asparagus Risotto

Tarla Fallgatter, cooking instructor



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 and cook in chicken broth for a few minutes, until they are still slightly undercooked, adding the asparagus tips during the last minute of cooking. Drain and set aside.
2. In a large, heavy pan saute the onion in butter until soft. 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, bring the chicken stock to a simmer in another pan. With a ladle, add about a cup of stock to the rice and stir constantly until most of the liquid is absorbed. Add another cup of broth, and continue adding another cup, cooking and stirring very often until it's absorbed. Begin tasting the rice after you have added 5 cups. 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!

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.