

Grilled Asparagus Risotto

1 lb asparagus
6 T olive oil
2 T butter
3 T shallots, chopped
1 cup Arborio rice
1/2 cup white wine
2 cups vegetable stock, hot
1/3 cup heavy cream
1/3 cup parmesan cheese
2 t lemon zest
kosher salt & pepper, to taste

In a bowl, toss the asparagus with 3 tablespoons of the olive oil and season with salt and pepper. Grill over high heat for 2-3 minutes. Allow to cool and cut into 1/2 inch pieces. In a sauté pan, heat the remaining olive oil and butter over medium heat. Add the shallots and sauté for one minute. Add the Arborio rice and sauté for another minute. Add the white wine and reduce until almost dry. Add 1/2 cup of vegetable stock and continuously stir into rice until dissolved. Continue adding stock (1/2 cup at a time) and stirring until most of the stock has been added or the rice is cooked to desired texture. Finish by adding the heavy cream, parmesan cheese, lemon zest, and the chopped asparagus. Taste and adjust seasoning as needed.

Recipe by Garden Chef Christina Curry



ATLANTA BOTANICAL GARDEN