

Sustainability and Resilience Gathering

Cooking with the Seasons – May 12th

Asparagus Risotto

1 cup	arborio rice	1 tbsp	olive oil
1ea	small onion, small diced	2 clove	garlic, minced
¼ cup	white wine	3 cups	chicken stock (or vegetable stock)
1 tsp	salt	¼ tsp	white pepper
¼ cup	shredded parmesan cheese	1/2ea	lemon, juiced
1 tbsp	butter	½ bunch	asparagus, sliced thin
1 tbsp	chives, minced		

1. Heat a small pot over medium heat and add the olive oil, onions, and garlic. Season with salt and white pepper and cook, stirring until the onions are tender, about 3-4 minutes
2. Add the Arborio rice and stir to coat in the onions and garlic
3. Add the white wine and cook until reduced by half
4. Add 1 cup of the stock and lower heat to low and cook, stirring often until most of the stock has been absorbed
5. Add another cup of the stock and continue cooking and stirring, then add the remaining cup of stock and continue cooking and stirring. Add in the asparagus.
6. Taste the rice and if it still has a bite to it (a little crunch), add another bit of stock.
7. Once the rice is just tender, stir in the cheese, butter, chives and lemon juice and season again with salt if needed.

Shaved vegetable salad

½ bunch	thick asparagus	1ea	carrot
1ea	parsnip		Pea tendrils or arugula
	Olive oil		Vinegar (cider, sherry, or balsamic)
	Salt & pepper		Fresh grated parmesan cheese

1. Peel the carrot and parsnip and discard the peels
2. Continue peeling the carrot and parsnip into long thin strands- if you're doing this in advance, hold them in ice water to maintain their crispness
3. Peel the asparagus the same way, saving the tips for another use, or cutting the tips in half and adding them to the salad
4. In a bowl, toss the shaved carrots, parsnips, and asparagus with the pea tendrils and a drizzle of olive oil and vinegar. Season with salt and pepper
5. Add freshly grated parmesan cheese on top if desired