

Asparagus and Shrimp Risotto

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Making a good risotto can seem intimidating because of the stirring needed as it cooks, but the process is quite simple. Wine, asparagus, and shrimp make for a healthy risotto worthy of any spring or summer spread.

Ingredients:

1 tablespoon extra-virgin olive oil
1 teaspoon chopped shallot
¼ pound asparagus, cooked and cut in 1-inch pieces
¼ cup risotto rice
1 cup dry white wine
¼ cup cooked shrimp
4 cups chicken stock
½ cup Parmesan cheese
1 tablespoon chopped parsley

Directions:

1. Heat oil in a medium saucepan over medium. Add shallots and cook 2 minutes, stirring occasionally. Add asparagus and cook another minute.
2. Add risotto and cook 2 minutes, stirring. Add wine to saucepan; continue to cook until almost all of the liquid has been absorbed, stirring to prevent sticking.
3. Gradually add chicken stock, ¼ cup at a time, stirring constantly until liquid has been absorbed. Continue adding stock and cooking down until all stock has been added.
4. Add shrimp and stir gently for 2 minutes. Add cheese and parsley, stir, and serve.