

Asparagus Risotto with Prosciutto & Lemon

From the blog For Love of the Table

3 T. unsalted butter
1 medium onion (about 6 oz.), finely diced
1 clove of garlic, minced
1 1/2 c. Arborio or Carnaroli rice
1/2 c. white wine
About 6 c. hot chicken stock
9 oz. (trimmed weight—you will need to start with a 16 to 18 oz. bunch) asparagus, sliced on the diagonal 1/4-inch thick
2 t. minced thyme
1 1/2 oz. thinly sliced prosciutto (3 slices), cut crosswise in 1/4-inch strips
2 to 3 T. butter
2/3 to 3/4 c. grated Parmesan
Juice & zest of half a lemon (you should have about 2 T. juice and 1 1/2 to 2 t. zest)
3 T. minced flat-leaf parsley
Salt & Pepper, to taste
Shaved Parmesan to garnish

Heat the butter in a heavy medium saucepan over medium heat. Add the onion and garlic and sweat until soft, but not brown—5 to 10 minutes. Add the rice and continue to cook for a minute or two—or until the rice is hot and the grains look pearly white. Add the wine and cook until the pan is nearly dry. Begin to add the stock. Add enough so that the stock is at the same level as the rice in the pan. Adjust the heat so that the rice cooks at a slow simmer. When the pan is nearly dry, add more stock and season lightly with salt & pepper. Continue to stir and cook the rice, adding more stock as each addition is absorbed.

When the rice is about half cooked (after about 10 minutes of cooking), stir in the asparagus, thyme and prosciutto. Continue to cook, stir and add stock until the asparagus is tender and the rice is al dente—another 8 to 10 minutes (a total of 18 to 20 minutes from the time of the first addition of liquid). Remove from the heat and stir in the butter, cheese, parsley, and lemon zest (stirring until the risotto is very creamy). Add as much lemon juice as you would like (a small amount—1 or 2 t.—will subtly "lift" the flavor...up to 2 T. will put the acidic lemon front and center). Balance the seasoning and serve immediately. Serves 4 to 6.

<http://www.forloveofthetable.com/2016/05/asparagus-risotto-with-prosciutto-lemon.html>

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