Risotto of spring vegetables



Used bresc products



Bresc Erbe Italiano 450g



Bresc Freshly chopped Spanish garlic 450g

Ingredients

10

For the risotto:

- 400 risotto rice
- 100 g Bresc Freshly chopped shallot
- 150 ml white wine
- 250 vegetable fumet

For the spring vegetables:

- 100 g carrot brunoise
- 100 g fresh garden peas
- 100 g turnip brunoise
- 100 g courgette brunoise
- 100 g red bell pepper brunoise
- 100 g Bresc Freshly chopped Spanish garlic
- 20 g Bresc Erbe Italiano
- 200 ml olive oil
- salt and pepper
- Parmesan cheese
- cress
- mint

Preparation method

Fry the freshly chopped shallot in the olive oil. Add the rice to it and fry gently until the rice is nice and shiny. Add the white wine and vegetable fumet. Allow to simmer in the pan for 25 minutes. Stir every now and then to prevent it catching. Check whether it is cooked, adding more fumet and continue to simmer if necessary.

Blanch all the vegetables. Stew the freshly chopped shallot and garlic in the olive oil. Add the blanched vegetables. Season with Erbe Italiano, salt and pepper. Add the vegetables to the risotto.

Arrange on a plate. Finish with a little grated Parmesan cheese and a chiffonade of mint and cress.

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