

Green Risotto
(Risotto Verde)

INGREDIENTS:

Servings: 2 people

Asparagus	200 g
Swiss chard	200 g
Onion	1
Olive oil	for frying
Risotto rice	150 g
Salt and freshly ground pepper	to taste
Nutmeg	pinch
Chicken stock	400 ml
Dry white wine	125 ml
Parmesan cheese	50 g

Servings: 4 people

Asparagus	400 g
Swiss chard	400 g
Onions	2
Olive oil	for frying
Risotto rice	300 g
Salt and freshly ground pepper	to taste
Nutmeg	pinch
Chicken stock	800 ml
Dry white wine	250 ml
Parmesan cheese	75 g

Servings: 6 people

Asparagus	600 g
Swiss chard	600 g
Onions	3
Olive oil	for frying
Risotto rice	450 g
Salt and freshly ground pepper	to taste
Nutmeg	pinch
Chicken stock	1 1/4 liters
Dry white wine	350 ml
Parmesan cheese	125 g

Servings: 8 people

Asparagus	800 g
Swiss chard	800 g
Onions	4
Olive oil	for frying
Risotto rice	600 g
Salt and freshly ground pepper	to taste
Nutmeg	pinch
Chicken stock	1 3/4 liters
Dry white wine	500 ml
Parmesan cheese	175 g

Servings: 10 people

Asparagus	1 kg
Swiss chard	1 kg
Onions	5
Olive oil	for frying
Risotto rice	750 g
Salt and freshly ground pepper	to taste
Nutmeg	pinch
Chicken stock	2 1/4 liters
Dry white wine	650 ml
Parmesan cheese	225 g

Servings: 12 people

Asparagus	1 1/4 kg
Swiss chard	1 1/4 kg
Onions	6
Olive oil	for frying
Risotto rice	900 g
Salt and freshly ground pepper	to taste
Nutmeg	pinch
Chicken stock	2 1/2 liters
Dry white wine	750 ml
Parmesan cheese	250 g

TOOLS:

Chef's knife
Cutting board
Vegetable peeler
Strainer
Frying pan
Wooden spoon
Saucepan
Cheese grater

PREPARATION:

Pee! the lower third of the asparagus. Cut off the stems from the swiss chard, and chop into pieces.

Finely *dice the onion*. Cut the asparagus into 3 cm pieces. Cut the swiss chard leaves into wide slices.

Heat some olive oil in a frying pan, and sauté the asparagus and stems for 4-5 minutes. Add the leaves and some water. Season and cook for 2-3 minutes. Set aside.

In a saucepan, brown the onion in olive oil for 6-7 minutes. Add the rice and stir over medium heat until opaque. Pour in the wine, and stir until all the wine is absorbed. Begin adding the stock, 1/2 cup at a time. Once half of the stock has been used, add half of the sautéed vegetables and mix well. Continue to cook, adding the stock until it has all been used, and the rice is al dente and creamy (approximately 20 minutes).

Grate the Parmesan cheese. Combine the remaining vegetables and half of the cheese. Serve hot with remaining cheese on the side.