



ROSU KIN ISPARAU AGRESTE

from

Sweet Myrtle & Bitter Honey

The Mediterranean Flavors of Sardinia

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Rosu kin Isparau Agreste *Risotto with wild asparagus and pecorino*

Serves 4

- 7 cups chicken stock
- 4 tablespoons extra virgin olive oil
- 2 medium shallots, finely chopped
- 1 bunch (about 1 ½ pounds) wild asparagus (or very thin asparagus), diagonally cut into ½-inch pieces
- 1 tablespoon finely chopped flat leaf parsley
- 2 cups Sardinian Roma rice
- ¼ cup Vermentino wine (or other dry white wine)
- 4 tablespoons (½ stick) unsalted butter
- 1 cup grated Pecorino Sardo semi-stagionato cheese (or other semi-aged pecorino cheese)
- Sea salt (preferably freshly ground)

In a medium saucepan over high heat, bring the chicken stock to a boil. Reduce heat to low, keeping stock hot.

In a medium saucepan, heat 2 tablespoons of olive oil over medium heat. Add half of the shallots and cook until softened. Add asparagus and season to taste. Stir in parsley. Add 1 cup of chicken stock and cook 2 to 3 minutes. Remove from heat and set aside.

In a thick-bottomed saucepan (copper is best), heat the remaining 2 tablespoons of olive oil over medium-high heat. Add remaining shallots and cook until translucent. Add the rice, stirring continuously with a wooden spoon for 2 to 3 minutes. Add the wine, stirring until evaporated. Reduce heat to medium.

Gradually ladle in the chicken stock, stirring continuously with the wooden spoon and making sure rice does not stick to the bottom of the pan. Add more stock as it is absorbed. For al dente rice, cook for 10 minutes and then stir in the asparagus sauce. Cook for 2 minutes longer for flavors to combine. (For less al dente rice, cook for 13

minutes then add sauce and cook 2 minutes longer).

Remove from heat and stir in the butter. Add pecorino cheese and salt to taste; stir well to incorporate. Let rest for a few minutes before serving.