



BOREALIS

Asparagus And Green Pea Risotto With Tarragon Espuma



Servings: 10 Portions

Ingredients:

170g White Onion (chopped)
60g Butter
50ml Olive oil
30g Garlic cloves (chopped)
800g Arborio rice
1.4L Vegetable stock
260ml White wine
80g Parmesan Cheese (grated)
600g Asparagus
160g Frozen Green Peas (thawed)
10g Lemon zest
12ml Lemon Juice (approx. \$1/2\$ (a lemon))

Tarragon Foam

400ml Cream
80g Fresh tarragon

METHOD

- Sweat off onion in a pan and add garlic cook without any browning, add rice and coat with oil
- And then add wine, cook out alcohol and then slowly start add hot stock, until absorbed, add peas and chopped asparagus, butter and parmesan cheese, lemon juice and adjust the seasoning.
- Serve as Photo.

For tarragon Espuma

- Blend tarragon with cream and strain, well, Add to ISI Syphon.