

Sun dried tomatoes pesto, lemon zest edamame, garlic and basil oil

Recette pour 4 personnes



Description

Sun dried tomatoes pesto, lemon zest edamame, garlic and basil oil.

L'idée déco

- Using frozen edamame is a fast and economical way to go and the final result will be just as delicious.
- Be carefull with the cooking time for the rice!! It's better to have the grain a little crunchier at first and to cook it more in the finishing step.
- To make it simpler at service you can make all the preparation in the morning and do the finishing of the dish when you are ready to serve your guests.
- Try to bring all the ingredients close to room tempeture before starting the final steps for better results.

Ingrédients

Risotto

- 250 Gr Arborio rice
- 1 Unit(s) White onion
- 200 Ml White wine
- 1 Liter(s) Vegetable stock
- 25 Gr Butter

- Salt and pepper

Sun dried tomato pesto

- 200 Ml Packed basil
- 50 Ml Pine nuts
- 50 Ml Grated parmigiano reggiano
- 1 Clove(s) Chopped garlic

- 50 Ml Olive oil
- 25 Ml Lemon juice
- 450 Ml Sundried tomatoes
- 20 Ml Capers
- Salt and pepper

Edamame beans

- 300 Ml Edamame (soybeans)
- 1 Unit(s) Lemon
- Salt and pepper

Mushroom medley

- 2 Unit(s) Oyster mushroom
- 6 Unit(s) Chanterelle
- 6 Unit(s) Button mushrooms
- 1 Clove(s) Chopped garlic
- 4 Sprig(s) Flat parsley
- Salt and pepper

Basil oil

- 60 Ml Basil
- 60 Ml Olive oil
- Salt and pepper

Préparations

Temps de préparation **40 mins**

Cooking the risotto

In a hot skillet (kept at medium/ medium-high heat), add the olive oil and sweat the onions until they become translucent. Add the rice and the thyme to the skillet and continue cooking until the rice is also translucent and the thyme releases its perfume. Add the white wine to deglaze the skillet and stir the rice to promote evaporation and absorption. Ladle in the warm broth to cover the rice and continue cooking until it is all absorbed. Once the liquid is absorbed add more and continue the same process until the rice reaches the desired doneness (a bit of Crunch in the middle) Once the desired doneness is achieved, spread the rice on a cold cookie sheet to stop the cooking process and continue to the next steps.

Sun dried tomato pesto

In a mixer add the basil, sun dried tomatoes, pine nuts, capers, cheese, lemon juice and the garlic. Start the

mixer while slowly drizzling the olive oil until the consistency becomes creamy and a little grainy. Season with salt and Pepper and set the preparation aside for further use.

Edamame

In a pot filled with boiling salted water blanch the edamame until they are tender. Using a slotted spoon or strainer retrieve the beans and run them Under cold water to stop the cooking process. Set aside as they will be added in the risotto at the last minute. Zest the lemons and set aside for the presentation of the dish.

Basil oil

Add in the mixer the oil and the basil and blend away for two minutes. Once this is done strain through a coffee filter or a strainer with a fine mesh.

Mushroom garnish

Clean and cut the mushrooms, finely chop the garlic and parsley. In a hot pan (kept on medium high heat), heat the oil and a knob of butter and saute the mushrooms until they are colored and cooked through. Add the parsley and the garlic at the last minute and keep the preparation warm to top off the risotto. Season with salt and pepper

Final cooking steps

In a pot, add the partially cooked rice with some warm vegetable stock to continue the cooking of the rice. When the rice has 2 minutes left of cooking add to the pot the edamame and mushroom mixture and continue cooking as to warm all the ingredients up. Once the risotto is done cooking add the lemon zests and serve immediately.

Bon appétit!