

White wine risotto, scallops, green asparagus cream and parmesan tile - Virtual Workshop Version

Recipe for 4 persons

Description

Classic recipe, simple ingredients, minimum effort for maximum flavors!

Vegetarian option : Mushrooms

Note

When you pan-sear the scallops, you can put a little nod of butter in the oil as it will help a whole lot for coloration.

Ingredients

Risotto

- 200 Gr Arborio rice
- 1 Unit(s) White onion
- 4 Sprig(s) Thyme
- 200 Ml White wine
- 1 Liter(s) Fish stock
- 100 Gr Parmigiano reggiano
- 50 Ml Cream 35%

Scallops

- 12 Unit(s) Scallops

Veggie version mushrooms

- 1 Unit(s) Portobello mushroom
- 5 Unit(s) Button mushrooms

Parmigiano tiles

- 50 Gr Parmigiano reggiano

Finishing touches

- 1 Unit(s) Green onion

Preparation

- Preparation time **45.00 mins**

To prepare before class

Ingredients

Make sure to keep all the fragile ingredients in the fridge.

You will need 1 cutting board, 1 chef knife, 1 frying pan, 1 wooden spoon or 1 pair of tongs, 1 cooking pot, 1 zester.

Mise-en-place

Chop the thyme, cut finely the onion. Slice down the asparagus in very small chunks. Shred the parmigiano for the tiles. Remove the coral from the scallops. Warm the fish fumet.

Risotto

In a pan with olive oil, sweat the onions with the thyme, add the rice and roll it in the oil. Add the white wine, cook it on medium heat until the wine is totally evaporated, cover the rice with the fumet, gradually, and cook everything until it's totally absorbed. Repeat it until the rice is fully cooked. Lay it on a baking tray and reserve.

Parmesan Tiles

On a baking tray put a silpat or a parchment paper, put some cookies cutter, with a little bit of parmigiano inside, remove the cutter. Cook it in the oven until you get a nice golden brown coloration, 3-4mins. Reserve.

Scallops + VG option

In a hot pan with vegetable oil, pan-sear the scallops, until you have a nice golden brown coloration. Reserve them on a cooking tray.

VG version

Use portobellos or Paris mushrooms, cut them in nice slices, and fry them in a hot pan in some oil and butter until golden brown. Season with salt and pepper.

Plating

In a pan with a nice piece of butter, warm the risotto, add the shredded parmigiano and the cream. At the same time put the scallops for a minute in the oven. In a big plate, put a couple spoons in the middle of the plate, three scallops on the top, a tile of parmigiano and a couple spoons of asparagus cream around.

Bon appétit!