

Asparagus Risotto

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1. Wash and dry the vegetables, Dice cut the onions and the celeries as fine as you can go. Slice the asparagus, discard bottom 1 – 1 1/2 inches of stems, feel the tenderness of stems as you cut.
2. Reconstitute 1 1/2 Tablespoons of **Ginger Broth w/Umami** into 2 1/2 cup of water, set aside.
3. To boil the asparagus, fill a large pot with the salted water. Cover and heat to boiling on high. Add the asparagus and cook about 4 minutes or until slightly softened. Drain the water and transfer the asparagus to the bowl, set aside.
4. In a medium pot, heat 2 teaspoons of olive oil on medium-high until hot. Add the diced onion and celery, stirring frequently. 2-3 minutes or until slightly softened.
5. Add 1 cup of carnaroli rice to the medium pot. stirring 2-3 minutes or until lightly browned. Add the diluted **Ginger Broth w/Umami** into the pot. Stir to combine. Heat to boiling on high.
6. Once boiling, reduce the heat to medium-high. Cook, stirring occasionally, after 10 minutes, add the cooked asparagus into the pot. Stir to combine. Cook another 6 to 8 minutes or until most of the liquid has been absorbed and the rice is al dente.
7. Turn off the heat, stir in 1 Tablespoon of cottage cheese and half of grated parmesan cheese.
8. Serve finished risotto, garnish with the chopped parsley and remaining parmesan cheese.