

## Spring Pea Risotto

4 cups	1 L	chicken stock
2 tbsp	30 mL	butter
2 tbsp	30 mL	olive oil
¼ cup	50 mL	diced shallots or onion
1 ½ cups	375mL	risotto rice
½ cup	125 mL	dry white wine
2 cups	500 mL	fresh blanched or thawed frozen peas
2 cups	500 mL	pea sprouts, chopped
½ cup	125 mL	freshly grated Parmesan cheese
		Salt and freshly ground pepper

### Method:

1. Put the stock in a large pot and bring to a boil. Reduce the heat to a simmer. In a medium saucepan, heat 1 tbsp 15 mL butter and oil. Add the shallots, cook for 2 minutes, and then add the rice, stirring to coat with the oil and butter. Cook for 1 minute then add the wine.
2. When the wine evaporates, add a ladleful of hot stock and cook, stirring until the stock is completely absorbed. Then add the next ladleful of stock and continue until 2 ladlefuls of stock remain, about 15 minutes.
3. Add the peas and continue to cook, adding the remaining stock. Remove from the heat, stir in pea sprouts, cheese and remaining butter. Season.

Serves 6