

Spring Leek Risotto

By Chef Ted Anderson
Joey Restaurant Group

Ingredients

1 bunch of leeks with green tops
1 bunch Italian parsley, stemmed
3/4–1 cup Arborio or Carnaroli rice
2 cloves of garlic, chopped
1 dry bay leaf
1/2 glass of dry white wine
1 litre of broth

1/4 pound butter
wedge of Reggiano cheese, grated
small block of smoked cheddar, diced
lemon
extra virgin olive oil
salt and black pepper
300–400 grams large sea scallops
(optional)

Directions

1. Cut leeks lengthwise and rinse well, then make the leek purée:
 - Slice the leek tops crosswise and add to a 4L pot of well-salted, boiling water. Cook for 3 minutes, or until tender.
 - Add parsley and cook 1 minute more.
 - Using a slotted spoon, transfer the leeks and parsley to a bowl of ice water.
 - Remove from the ice water, squeeze well, and add to a blender. Blend with a little ice water until smooth.
2. Add the broth to a small sauce pot and warm through.
3. Re-use the 4L pot and place over medium heat. Add 2 tablespoons of olive oil and the sliced whites of leek. Sweat until fragrant and leeks have softened. Add the chopped garlic, bay leaf, and the rice. Season with salt.
4. Continue to stir, allowing the rice to toast gently. After about 2 minutes, add half a glass of white wine.
5. While stirring, add a ladle of hot broth to the rice. Stir, while simmering, and watch for the rice to look dry. When it does, add another ladle of broth. Continue in this manner for 18–20 minutes. or until the rice is soft with a bit of bite.
6. Turn down the heat and add the grated Reggiano cheese, butter, and leek purée. Just before serving, add the cheddar and stir through. Season to taste.
7. Serve with seared scallops or a salad of granny smith apple. Top with more Reggiano and a squeeze of lemon juice.