

CHARRED ASPARAGUS RISOTTO WITH ABBAYE DE BEL'LOC

Ingredients:

- 1 # asparagus washed, trimmed and sliced 1/8 inch thick on a bias
- About 6.5 cups chicken stock (low sodium)
- 1 bottle dry white wine – Northern Italian would be great
- Olive oil
- 1 garlic clove – left whole
- 1 shallot – julienned
- 2 cups Carnaroli or Arborio rice
- 1/4 pound Abbaye de Bel'loc, rind removed and finely grated
- Salt and freshly ground black pepper

Instructions:

- Set a skillet on high heat, add 1 Tbsp of olive oil until smoking.
- Add asparagus and coat in oil. Season with salt and pepper.
- Cook on high without moving asparagus until a nice char develops. Repeat until all asparagus has been charred. Remove from heat and set aside.
- Bring chicken stock up to a boil, and then reduce heat to a simmer.
- In the meantime, warm about 2 Tbsp olive oil in your risotto pan.
- Sauté shallots until translucent.
- Add rice and toast for two minutes – stirring continuously so it does not burn.
- Add wine and stir. Allow liquid to evaporate until you can see the bottom of the pan when stirring.
- Add the whole garlic clove.
- Add stock 1/2 to 1 cup at a time, stirring until the liquid has been absorbed.
- Repeat process until rice is al dente – firm but not crunchy.
- Remove from heat, add cooked asparagus and grated cheese.
- Serve by itself or with Rose Braised Rabbit.

ROSE BRAISED RABBIT

Ingredients:

- 1 Rabbit; whole or broken down by your butcher into 6 pieces – trimmed of any excess fat, rinsed and dried.
- 1+ cup of dry rose, preferably from Provence
- 2 cups chicken stock
- 2-3 Tbsp olive oil
- Kosher Salt
- Freshly ground black pepper
- 3 Qt. Pan with domed lid for braising

Instructions:

- Preheat oven to 325 degrees
 - Season rabbit liberally with salt and pepper – if starting with a whole rabbit make sure to season inside and out, rubbing the salt and pepper all over.
 - Turn your pan to medium high heat and allow it to warm for a few minutes and add olive oil.
 - Being careful not to overcrowd the pan, sear each piece on both sides until a deep golden brown and set aside – repeat with the remaining pieces of rabbit until all pieces are evenly seared.
 - Return rabbit to the pan, add the chicken stock and the wine and scrape up any brown bits. The liquid should reach approximately halfway up the rabbit.
 - Cover with lid or foil and place in oven for 1-1/2 to 2 hours, or until meat is falling off bone. If using stove top, reduce heat to low and simmer for same amount of time.
- *Add a little more rose and stock if the liquid evaporates

Serving:

Serve warm with pan juices and a grilled vegetable of your choice, or with Charred Asparagus Risotto with Abbaye de Bel'loc. Also great with salads and sandwiches.

Recipe by Garrett Abel from
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