

# Recipe for Savory Main-Course

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*by* François Latapie

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# Step-By-Step Green Vegetarian Risotto



# Meet The Chef

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Born and raised in France, François Latapie as a unique and versatile background that combines experience in restaurant and specialty food, interior design, five stars Forbes hotel including exposure through two continents.

Latapie is the consummate host, a gentlemanly mix of French gentility and American affability.



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THIS RECIPE IS 100% VEGETARIAN

# Green Vegetarian Risotto

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# Recipe

Recipe serves

8



Ingredient:	Amount:	
<b>Risotto:</b>	Ounces	Grams
Extra-Virgin Olive Oil	2 Ounces	57 Grams
Large Spanish Onion, Finely Chopped.	8 Ounces	227 Grams
Whole Unsalted French Butter cut into small cubes	4 Ounces	113 Grams
Superfino Arborio Rice	32 Ounces	907 Grams
Dry White Wine, like a Chardonnay or Pinot Grigio	20 Ounces	0.590 Liter
Grated Aged Parmesan	4 Ounces	113 Grams
Crème Fraiche	4 Ounces	113 Grams
English Peas Blanched	8 Ounces	227 Grams
Bay Leaves	2	2
Small Bouquet of Thyme	1	1
English Pea Purée (see preparation and ratios)	4 ounces	113 Grams
Vegetable Broth (Preferably made with corn cobs for a better taste)	80 Ounces	2.3 Liter
Diced Zucchini (Pre-Sautéed with a bit of butter & virgin olive oil)	12 Ounces	340 Grams
Washed Spinach Chiffonade	4 Ounces	113 Grams
Salt and Freshly Ground Zanzibar black pepper to taste.	To Taste	To Taste
<b>English Pea Purée:</b>	Ounces	Grams
Blanched English Peas	16 Ounces	453 Grams
Picked Mint Leaves	10	10
Brown Butter	4 Ounces	113 Grams

# Method

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## ☀ English Pea Purée:

1. Use a Vitamix blender, add all ingredients and purée until you see a very fine texture.
2. Reserve for later use.
3. Note: Brown butter and peas must be warm when blending

## ☀ Risotto:

\*Tip: it's better to use a wooden spoon or a silicon spatula when stirring the risotto to prevent excessive breakage of the rice.

1. In a sauce pot bring the vegetable broth to simmer. Bring it to boil then let it simmer for about an hour.
2. Strain it.
3. Bring a rondeau style pot to medium heat and add the cubed butter, stirring constantly until it's completely melted but not yet separated (this step is crucial to achieve a creamy matte looking risotto).
4. Add the chopped onions to the butter and sweat at low heat stirring constantly until the onions look translucent, add your thyme and bay leaf.
5. Add your rice and stir\* constantly to prevent the rice from sticking to the bottom of the pot.
6. Cook for a minute and then pour the white wine, it will steam out.
7. Keep stirring and cook for another minute to evaporate the alcohol, all this process must be done at a medium flame,
8. Once you don't smell alcohol in, start pouring the vegetable stock one ladle at the time, ladle after ladle until all is incorporated (about 12 minutes).
9. Lower your flame to low heat and add the rest of the ingredients, crème fraiche, grated Parmesan, diced zucchini, English peas and at last, the green pea purée and spinach chiffonade.



Green Vegetarian Risotto.

## ☀ Plate Up:

1. Season with salt and fresh pepper from a mill to taste, serve in a ceramic bowl or in a soup plate.
2. Add fresh grated Parmesan to taste.

Note: Italians will push the risotto around the plate with a fork, so it can be eaten starting from the edge of the plate, where it is slightly cooler to avoid burning anyone's lips...