



Barley Risotto with Asparagus and Hazelnuts

 Very Healthy

READY IN



300 min.

SERVINGS



4

CALORIES



527 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 pounds asparagus trimmed
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup wine dry white
- ☐ 1 garlic clove
- ☐ 0.5 cup hazelnuts toasted coarsely chopped
- ☐ 1.3 teaspoons lemon zest fresh finely grated
- ☐ 3 tablespoons olive oil
- ☐ 1 medium onion finely chopped

- ☐ 0.5 cup parmesan finely grated for serving
- ☐ 1.3 cups quick-cooking barley
- ☐ 1 teaspoon salt
- ☐ 5.5 cups water

Equipment

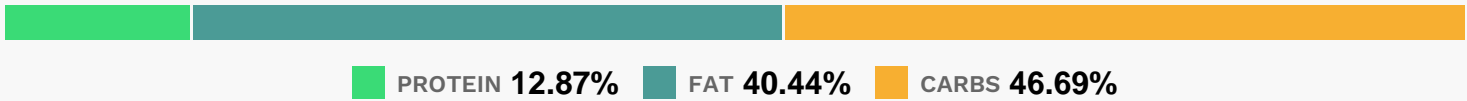
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ slotted spoon
- ☐ pressure cooker

Directions

- ☐ Cut top third of each asparagus stalk diagonally into 1/2-inch-thick slices, reserving tips and slices together, then coarsely chop remainder. Bring water (5 1/2 cups) and 1/2 teaspoon salt to a boil in a 3- to 4-quart saucepan, then add chopped asparagus and cook, uncovered, until very tender, 6 to 7 minutes.
- ☐ Transfer with a slotted spoon to a food processor (not a blender, which would require adding liquid).
- ☐ Add reserved asparagus tips and slices to boiling water and cook, uncovered, until crisp-tender, 2 to 3 minutes.
- ☐ Transfer with slotted spoon to a sieve, reserving cooking liquid in pan, and rinse under cold water to stop cooking.
- ☐ Drain well and reserve in another bowl.

- ☐ Measure cooking liquid and, if necessary, add enough water to bring total to 4 cups, then reserve.
- ☐ Cook onion with pepper and 1/4 teaspoon salt in oil in a 4- to 5-quart heavy pot over moderate heat, stirring occasionally, until softened, 5 to 7 minutes.
- ☐ Add barley and cook, stirring, 1 minute.
- ☐ Add wine and boil, stirring, until liquid is absorbed, about 1 minute.
- ☐ Add 4 cups reserved asparagus-cooking liquid and bring to a boil, covered, then reduce heat and simmer, covered, until barley is tender (it should be chewy) and mixture is thickened to a stewlike consistency, 35 to 40 minutes.
- ☐ Meanwhile, mince garlic and mash to a paste with remaining 1/4 teaspoon salt using side of a large heavy knife, then add to asparagus in food processor along with zest and purée until smooth.
- ☐ When barley is cooked, stir in asparagus purée, asparagus-tip mixture, and enough additional water to thin to desired consistency and cook over moderate heat, stirring, until hot, about 1 minute. Stir in cheese, then season with salt and pepper.
- ☐ Serve with hazelnuts and additional cheese on the side.
- ☐ Cooks' Notes
- ☐ ·Barley can be cooked in about half the time in a 6- to 8-quart pressure cooker. Follow recipe, cooking onion in pressure cooker, uncovered, then adding barley and wine as directed above. After adding asparagus-cooking liquid, seal pressure cooker with lid and cook at high pressure, according to manufacturer's instructions, 18 minutes. Put pressure cooker in sink (do not remove lid) and run cold water over lid until pressure goes down completely.
- ☐ Remove lid and continue with recipe, using pressure cooker (without lid) as a pot.·Asparagus can be cut and cooked, chopped stalks puréed, and cooking water reserved 1 day ahead, then chilled in separate airtight containers.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:2, Inflammation Score:-9, Nutrition Score:31.423478247031%

Flavonoids

Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 11.07mg, Isorhamnetin: 11.07mg, Isorhamnetin: 11.07mg Kaempferol: 2.55mg, Kaempferol: 2.55mg, Kaempferol: 2.55mg, Kaempferol: 2.55mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 29.39mg, Quercetin: 29.39mg, Quercetin: 29.39mg, Quercetin: 29.39mg

Nutrients (% of daily need)

Calories: 527.36kcal (26.37%), Fat: 23.82g (36.64%), Saturated Fat: 4.4g (27.52%), Carbohydrates: 61.86g (20.62%), Net Carbohydrates: 46.5g (16.91%), Sugar: 5.94g (6.6%), Cholesterol: 8.5mg (2.83%), Sodium: 809.91mg (35.21%), Alcohol: 3.09g (100%), Alcohol %: 0.6% (100%), Protein: 17.05g (34.1%), Manganese: 2.12mg (106.22%), Vitamin K: 81.25µg (77.38%), Fiber: 15.36g (61.43%), Copper: 0.91mg (45.74%), Selenium: 30.93µg (44.19%), Vitamin E: 5.73mg (38.22%), Phosphorus: 371.62mg (37.16%), Iron: 6.24mg (34.68%), Vitamin B1: 0.48mg (32.01%), Folate: 126.3µg (31.58%), Magnesium: 112.65mg (28.16%), Vitamin A: 1401.92IU (28.04%), Calcium: 246.05mg (24.6%), Vitamin B3: 4.92mg (24.59%), Vitamin B6: 0.47mg (23.59%), Vitamin B2: 0.38mg (22.53%), Zinc: 3.09mg (20.6%), Potassium: 699.44mg (19.98%), Vitamin C: 13.55mg (16.42%), Vitamin B5: 0.89mg (8.92%), Vitamin B12: 0.15µg (2.5%)