



## FIDDLEHEAD RISOTTO



### Ingredients

- 1 cup | 170g fiddleheads (*COOK BEFORE CONSUMING*)
- 4 cups vegetable broth or chicken broth
- 2 tbsp oil
- ½ cup red onion, diced
- ¼ cup garlic, minced
- 1 cup Arborio rice
- ¼ cup lemon juice
- 1 tsp lemon zest
- 2 tsp dried parsley (or 2 tbsp fresh, chopped)
- ½ tsp salt (use less salt if using pickled fiddleheads)
- ½ tsp ground pepper
- 3 tbsp butter
- ½ cup parmesan cheese, grated (optional)
- ½ cup fresh Italian parsley, chopped (for garnish)



### Instructions

Servings  
4

Prep Time  
25 mins

Stove Time  
50 mins

Total Time  
1 ¼ hours

1. Rinse the fiddleheads to remove any excess forest debris. Snip off any heavily browned spots.
2. Bring a pot of water to a boil. Add the fiddleheads and boil for 15 minutes. Drain the cooked fiddleheads and discard the boiling water. Place the fiddleheads in a new bowl of ice water. Set aside. *DON'T SKIP THIS STEP. UNCOOKED FIDDLEHEADS ARE POISONOUS!*
3. Grate the parmesan, slice the garlic, and dice the onion. Zest and juice the lemon. Set aside.
4. Heat the broth in a separate pot over medium-high heat. It must be piping hot by the time it is added to the rice. Let it come to a boil while you prepare the risotto.
5. Heat the oil in a large frying pan over medium-high heat. Once the oil is hot and shiny, add the diced onion and 3 tbsp of minced garlic, then sauté 2-3 minutes.
6. Add the rice. Stir for 2-3 minutes, until the rice becomes translucent and begins to crackle.
7. Add the lemon juice. Stir the rice constantly until the wine is fully absorbed.
8. Add the lemon zest, parsley, and ¼ tsp each of salt and pepper to the risotto, then stir to combine.
9. Begin to add the hot broth, one ladleful at a time. Stir the rice continuously until one ladleful of broth is absorbed before adding the next one. Continue this process for about 20 minutes.
10. When the risotto is almost done, heat 1 tbsp butter in a separate new frying pan over medium heat. Once the butter is heated, drain and add the fiddleheads, along with the remaining garlic. Season with salt and pepper. Sauté for 5 minutes, stirring often, while finishing off the risotto.
11. Once the risotto is fully cooked, turn off the heat but leave the pan over the burner. Add the parmesan and remaining butter, then stir over the residual heat of the burner for 2-3 minutes.
12. Serve the risotto topped with sautéed fiddleheads, parsley, and more salt and pepper to taste.