

## **Chedabucto Bay Lobster Risotto with Spring Peas and Garden Herbs**

### ***DesBarres Manor Inn***

For 4–6 people

- 5½ cups (1.25 L) chicken stock
- 1½ tbsp (20 ml) olive oil
- 3 shallots, finely chopped
- 2-3 cloves garlic, finely chopped
- 1½ cup (375 ml) arborio rice
- 1 cup (175 ml) dry white wine
- 1½ cup (375 ml) cooked lobster meat, coarsely chopped
- 5 tbsp (75 ml) butter
- ½ cup (125 ml) spring peas (fresh or frozen)
- 2 tbsp (30 ml) flat-leaf parsley, chopped
- 1 tbsp (15 ml) chives, chopped
- ½ cup (125 ml) asiago cheese, grated
- Celtic sea salt and freshly ground pepper to taste

Heat stock in a medium saucepan and bring to a simmer. In a separate large saucepan, heat the olive oil over moderately low heat. Add the shallots and a pinch of Celtic sea salt and sauté for two minutes. Add the garlic and sauté another two minutes. Turn the heat up to moderately high, add the rice and stir for 2-3 minutes. Simmer peas in salted water until tender, about two minutes. Drain and set aside.

Turn heat down to medium low, add the wine and continue stirring. When almost all the wine has absorbed into the rice, add a ladle of hot stock, a pinch of salt and freshly ground pepper and continue cooking, stirring often. Continue adding ladles of stock, stirring often until liquid has been absorbed into the rice before adding more and until rice is tender with some bite and risotto is creamy. Remove the rice from the heat. Gently stir in the chopped lobster, butter, asiago, peas, flat-leaf parsley and chives.

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