



Jerusalem Artichoke Risotto with Pear, Walnuts, and a Fennel and Parmesan Cup

🕒 50–60 Min   

Preparation

Ingredients 4 Portions

♦ = Kotányi Produkte

500 g	Jerusalem artichoke
2 piece	Pears
1 piece	Onion
2 piece	Garlic cloves
2 tbsp.	Butter
300 g	Risotto rice
125 ml	White wine, dry
600 ml	Vegetable stock, clear
40 g	Walnuts, chopped
150 g	Parmesan
1 piece	Lemon
1 tsp.	♦ Parsley, Chopped
2 tsp.	♦ Chervil, Crushed
1 tsp.	♦ Juniper Berries, Whole
1 piece	♦ Bay Leaves, Whole
1 tsp.	♦ Fennel, Whole
1 pinch	♦ Sea Salt, Coarse
1 pinch	♦ Pepper Rainbow, Whole
	Olive oil

- 1 Preheat the oven to 200 °C (356°F).
- 2 Thinly slice the onion and garlic and sweat in a pan with olive oil. Then add the risotto rice and briefly fry until translucent.
- 3 Pour white wine in with the rice, bay leaf, chervil, parsley and the juniper berries, bring to the boil for a short time then reduce the heat a little.
- 4 Now add the Jerusalem artichoke and pour in the stock. Wait until the liquid has disappeared, then add more, stirring regularly.
- 5 When the rice is al dente, add the pear to the pan and cook. Stir in 50 g of Parmesan and butter then dish up with the walnuts.
- 6 Grate the rest of the Parmesan into a bowl, grind the fennel using a mortar and add. Form several circles in the mixture by hand on a baking tray lined with baking parchment.
- 7 Then bake until the Parmesan has completely melted, making sure it doesn't brown.
- 8 Take the tray out of the oven, allow to cool for a short time, then carefully remove from the baking parchment and allow to cool on overturned bowls.

