

## Seasonal Eating



# Kale, Mushroom and Garlic Scape Risotto

2 tablespoons butter  
1/2 onion, chopped  
4 garlic scapes, chopped (see note below)  
4 ounces mushrooms, chopped  
4 stems red kale, ribs removed and leaves chopped  
Pinch salt  
Pinch black pepper  
1/4 cup white wine  
1 cup arborio rice  
3 3/4 cups chicken broth  
Pinch cayenne pepper  
1/2 cup grated parmesan cheese

Melt butter in large skillet. Add onion, garlic scapes, mushrooms and kale. Add salt and pepper and sauté until translucent and wilted down and almost dry. Add wine and cook until almost evaporated. Stir in rice and cayenne pepper. Add chicken broth about a half a cup at a time, cooking and stirring until absorbed and adding more as each addition is absorbed. Add parmesan cheese just before serving.

**Note:** Garlic scapes are the tender young stems of the garlic plant before it flowers and develops into a garlic head. They are only available for a few weeks around the first part of June. If you can't find these, use 2 cloves of garlic, minced.