

## Easy Lobster And Avocado Risotto With Fennel And Peas



### Ingredients

- 1 large avocado, diced
- 2 tbsp lemon juice
- 2 tbsp olive oil
- 1 French shallot, finely diced
- 1 fennel bulb, finely chopped (keep fronds for garnish)
- 1½ cups arborio rice
- ½ cup white wine
- 6 cups lobster stock or vegetable stock, warmed\*
- 1 cup fresh or frozen sweet peas
- 2 x 1½ lb cooked lobsters, meat removed and chopped
- Zest of 1 whole lemon
- ½ cup parmesan, grated
- Salt and freshly ground pepper to taste

Serves 4-6

### Preparation

1. Mix the avocado pieces with the lemon juice and set aside
2. In a large saucepan over medium heat, heat the olive oil and add the shallot. Sweat for 1-2 minutes before adding the rice.
3. Add the chopped fennel, cook stirring occasionally for 1-2 minutes before adding the dry white wine.

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4. Add the wine and cook for a minute while stirring constantly. Add about half of the stock and stir periodically for 3-5 minutes until most of the liquid is absorbed.
5. Add remaining stock, one ladle at a time until the rice becomes slightly translucent and is an al dente firmness. Add the peas with the last ladle of stock. About 20 minutes after the first ladle of stock is added.
6. Add the diced lobster meat, the lemon zest, the grated parmesan, and the avocado. Still delicately till well incorporated and creamy. Adjust the seasoning with salt and freshly ground pepper. Serve hot and add the fennel fronds as garnish.
7. \*you can make a quick stock with the carcasses of the lobsters you shelled. Just add 1 onion, a carrot, and a rib of celery and a bay leaf and top with 6 cups of water. Simmer for 20 minutes and strain.