Risotto Primavera

From our Apr-Jun 2014 Newsletter

5-1/2 cups low sodium chicken broth

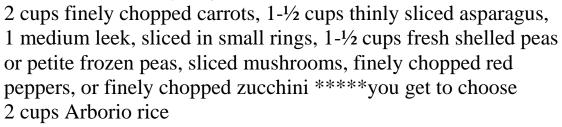
3 Tbs. olive oil

3 Tbs. butter

1 large yellow onion, finely chopped

2 cloves garlic minced

****Here is where you get to be creative:



1-1/2 cups dry white wine

1-1/2 tsp. Kosher salt, plus more to taste

1/4 cup chopped fresh parsley or basil...your choice

3/4 cup grated Parmesan cheese, plus additional for serving

- 1. Pour chicken broth into a small saucepan. Heat to a simmer.
- 2. In a large Dutch oven, heat 2 tablespoons olive oil and 2 Tbs. butter. Add diced onions, garlic and leeks. Sauté until barely wilted.
- 3. Add carrots, asparagus, peppers or zucchini and sauté for 2 minutes.
- 4. Add mushrooms and sauté for 1 minute. Sprinkle in salt and stir.
- 5. Remove from pan and put on a plate. Set aside.
- 6. Add 1Tbs. olive oil and 1 tablespoon butter to the same pan. Heat over medium-low heat. Add rice and stir, cooking until edges are translucent, about 3 minutes.
- 7. Add half the wine and 1-1/2 teaspoons kosher salt. Stir and cook until liquid is absorbed. Stir frequently as the rice will release starch and stick to pan.
- 8. Over the next 30 to 45 minutes, add 1 cup of simmering broth at a time, stirring and cooking until each addition of broth has



- absorbed. Add other half of wine and cook until it is absorbed. Add green onions and peas, stirring to combine.
- 9. Taste to make sure rice is the right texture; add another helping of broth if rice has too much bite to it. Check salt content and add more salt if necessary.
- 10. Once rice is cooked, remove from heat. Stir in Parmesan cheese and sautéed vegetables until combined.
- 11. Serve in a shallow bowl dressed with chopped parsley or basil. Pass additional Parmesan and a turn of fresh cracked pepper