

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:

2 cups finely chopped carrots, 1-1/2 cups thinly sliced asparagus,
1 medium leek, sliced in small rings, 1-1/2 cups fresh shelled peas
or petite frozen peas, sliced mushrooms, finely chopped red
peppers, or finely chopped zucchini ****you get to choose

2 cups Arborio rice

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