

Risotto

Chef William Merelle

3 tbsp. olive oil
1 onion, diced
3 cloves garlic, minced
2 cups short grain Arborio rice
½ cup dry white wine, or chicken broth
5 cups chicken broth, simmered hot
½ cup freshly grated Parmesan cheese
2 tbsp. butter
Salt and pepper to taste

Preparation:

Place chicken broth in a heavy saucepan and bring to a gentle simmer over low heat. Heat oil in a heavy saucepan and cook onions and garlic, stirring frequently, until onions become translucent, about 4-5 minutes (don't let them brown or it will change the flavor).

Stir in the rice and cook over medium heat, stirring constantly, 3-4 minutes longer until some grains begin to look translucent. Add wine; cook and stir until wine is absorbed. Then add about ½ cup of simmering chicken broth to the rice mixture, stirring constantly, until the liquid is absorbed. At this point you can add more broth, about 1 cup at a time. The whole cooking process should take about 20-25 minutes. A minute before the arborio is al dente, stir in cheese and butter then salt and pepper to taste. Stir and cook until a melted creamy texture, serve on a platter, sprinkle with Parmesan cheese and parsley.

If you want a vegetarian risotto use vegetable broth, for fish, fish broth. If you want to add some vegetables to your risotto pre cook them very al dente then add them 2 minutes before adding the cheese.

For mushroom risotto, pre cook the mushrooms until they are very crispy, then add with the cheese.

For fish or meat, do not mix, but add when serving, or on the side when serving.

For shrimp, scallop, or chicken, pre-cook and add 4 minutes before adding the cheese.

For shellfish, slowly add to the simmering broth, once added, keep the shell in the broth and arrange the shells on the plate around the risotto.

Bon Appetit