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RISOTTO

Time: 30-40 minutes

Yield: approximately 4 servings

INGREDIENTS

- 5 cups chicken stock
- 2 tablespoons oil
- 1 garlic clove, crushed
- 1 leek, white part only, thinly sliced
- 1 fennel bulb, thinly sliced
- 2 cups Arborio rice
- 1/4 cup white wine
- 1/2 cup freshly grated Parmesan cheese
- 2 tablespoons butter

DIRECTIONS

Heat chicken stock to a simmer and keep warm over low heat.

Heat oil and garlic in a large heavy-bottomed saucepan; add leek and fennel and cook over medium heat until vegetables are slightly browned. Add rice and stir for approximately 3 minutes until it is translucent and smells like popcorn. Deglaze the pan with white wine.

Add 1 cup of warmed chicken stock and stir constantly until liquid is absorbed. Continue adding 1/2 cup of stock at a time, stirring until each addition of liquid has been absorbed, until all the stock has been added and rice is al dente. (This should take about 30 to 40 minutes. Remove risotto from the heat and stir in cheese and butter. Let cool slightly before serving.

Notes

You may omit fennel and leek and use a medium white onion thinly sliced. Risotto is very versatile: you can add mushrooms, asparagus, or almost any vegetable about 5 minutes before the rice is done.