

BASIC RISOTTO

1 ½ cups arborio rice
1 qt. chicken stock
½ cup white wine
3 Tbsp unsalted butter
1 medium shallot (or small onion) chopped (½ cup)
1 Tbsp sunflower seed oil
1 Tbsp chopped parsley
¼ cup grated parmesan cheese kosher salt to taste

- 1, Heat the stock to a simmer in a saucepan, then lower the heat so the stock just stays hot.
2. In a large, heavy-bottomed saucepan, heat the oil & 1 Tbsp of the butter over medium heat. When butter is melted, add chopped shallot. Sauté for 2-3 minutes till it is slightly translucent.
3. Add the rice to the pot and stir it briskly with a wooden spoon so the grains are coated with the oil and melted butter. Sauté for another minute or so, until there is a slightly nutty aroma. But do not let the rice turn brown.
4. Add the wine and cook while stirring, until the liquid is fully absorbed.
5. Add a ladle of hot chicken stock to the rice and stir until the liquid is fully absorbed. When the rice appears almost dry, add another ladle of stock, and repeat the process.

Note: It is important to stir constantly especially while the hot stock gets absorbed, to prevent scorching, and add the next ladle as soon as the rice is almost dry.

6. Continue adding ladles of hot stock and stirring the rice while the liquid is absorbed. As it cooks, you will see that the rice will take on a creamy consistency as it begins to release its natural starches.
7. Continue adding stock, a ladle at a time, for 20-30 minutes or until the grains are tender but still firm to the bite, without being crunchy. If you run out of stock and the risotto still is not done, you can finish the cooking using hot water. Just add the water as you did with the stock, a ladle at a time, stirring while it's absorbed.
8. Stir in the remaining 2 Tbsp butter, the parmesan cheese and the parsley, and season to taste with kosher salt.
9. Risotto turns glutinous if held for too long. You should serve it right away. A perfectly cooked risotto should form a soft, creamy mound on a dinner plate. It

should not run across the plate, nor should it be stiff or gluey.

Servings: 6-8

Total time: 40 minutes