

## BASIC RISOTTO

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Although it is simple to make, Risotto does require you to devote 20 minutes of your undivided attention. When cooking long grain rice, you are discouraged from stirring the rice while cooking because the starches will be released and the rice will end up a sticky mess. With Risotto, you want the starch to release which is what makes the dish creamy. That is why we use starchy Arborio Rice and continuously stir during the cooking process.

### Ingredients:

- 1 medium onion, finely chopped
- 3 tablespoons olive oil
- 4 cloves of garlic, finely chopped
- 1 cup Arborio rice
- 4 cups chicken or vegetable stock
- 1/2 cup dry white wine
- 1/4 cup grated Parmesan Cheese
- 3 tablespoons butter
- 3 tablespoons Thyme, finely chopped
- 3 tablespoons butter
- Salt and Pepper to taste



In a medium saucepan bring the broth and 1/2 cup water to simmer. Season with salt and pepper. Cover the broth and keep hot over low heat. In a medium sized, heavy saucepan, melt 1 tablespoon of butter and 3 tablespoons olive oil over medium heat. Add the onion and sauté until tender but not brown, about 3 minutes. Season with salt and pepper. Add the rice and chopped garlic and stir to coat with butter and olive oil. Add the wine and stir until mixture begins to simmer.

Add 1/2 cup of the simmering broth and stir until almost completely absorbed, about 2 minutes. Continue cooking the rice adding 1/2 cup of broth at a time, stirring constantly and allowing each addition of the broth to absorb before adding the next, until the rice is tender but still firm to the bite and the mixture is creamy, about 20 minutes. Remove from the heat and stir in the remaining 2 tablespoons of butter, 1/4 cup Parmesan cheese and fresh thyme.

When plated, the Risotto should be saucy and spread in the bowl, not sit in the center of the plate like a scoop of mashed potatoes. Now that you've made the Basic Risotto, your possibilities are endless.

I happen to have a piece of grilled salmon left over from dinner last night. To the salmon I added 1 cup of peas for the dish you see in the photograph.

Add any or a combination of the following to enhance your Basic Risotto:

- 1/2 cup [Pesto](#)
- Cubed butternut squash (*cube, drizzle with olive oil and salt and bake until soft*)
- 1 cup cooked vegetables (*i.e. asparagus, zucchini, broccoli or artichokes*)
- Sautéed mushrooms and thyme
- 1 cup cooked chicken, shredded