

Risotto



1 1/2 c. arborio rice
4 c. chicken stock
1 medium onion, chopped finely
1/4 c. dry white wine
sea salt
cracked pepper
mushrooms, crimini or wild mushroom blend
8 T. butter or ghee, divided
1 bunch asparagus, cleaned and chopped into 1-inch pieces
1 T. olive oil
1 clove garlic, minced.
4 oz. smoked salmon, chopped (optional)
2 oz. parmesan cheese, grated (optional)

Place 2 T. butter in a medium saute pan over medium heat with the mushrooms. season with sea salt. Saute until the mushrooms begin to brown and the liquid is evaporated about ten minutes. Turn off heat.

Place the olive oil, garlic, and asparagus in a medium saute pan and have ready for when the rice is nearly done. Season with sea salt.

Pour chicken stock into a saucepan and place over low heat on a back burner. Place 3 T. butter or ghee and onion in a large saute pan over medium heat. Saute, stirring frequently for about five minutes, until onion starts to become translucent. Add arborio rice to the pan and continue stirring for another 5-8 minutes until the grains begin to show slight browning and they click together when stirred. All at once add the wine, stirring constantly as the liquid evaporates.

For the next 45 minutes or so you will need to stir the risotto constantly, so make any last preparations before continuing (eg., prepare your salad, place cheese, smoked salmon, and mushrooms into serving dishes).

With the rice over medium heat, add 3/4 cup of hot chicken stock to the pan, stirring slowly and patiently as it is absorbed by the rice. When the liquid has been absorbed and your spoon makes a clean trail on the bottom of the pan, add another 3/4 cup of stock, repeating the process. Continue adding stock in 3/4 c. increments only when the rice has absorbed the liquid. Eventually, the rice will be suspended in a creamy sauce so the pan will not be totally dry when the liquid has been absorbed. When you add the last bit of stock taste the rice for texture. You want the rice to be slightly toothsome, not mushy. The grains will have swelled and will be suspended in a creamy sauce. If the rice is not done enough continue cooking and adding 1-2 more additions of 3/4 c. hot water until the rice is done to your satisfaction. Beat the remaining 3T. butter or ghee into the rice mixture. Check seasoning and add sea salt and cracked pepper if needed.

Turn on the flame under the asparagus and stir fry for several minutes until bright green and tender. Place cooked asparagus into a serving dish.

Serve risotto with optional sides.

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