

## Risotto

Serves 10

2 medium yellow onion, chopped  
8 tablespoon butter (one stick)  
8 cups chicken stock (have 1-2 more cups in reserve)  
2 cups white wine  
4 cups Arborio rice  
Salt and pepper, to taste  
1 1/2 cup parmesan cheese, freshly grated

Preparing the rice:

1. Melt butter in 4 to 5 quart sauce pan over medium heat. Add onion. Sauté until translucent.
2. Pour chicken stock/wine into separate sauce pan and bring to gentle simmer. Maintain the simmer.
3. To the onion, add the rice and cook for 3 minutes over medium heat, stirring constantly. Adjust heat as too high temperature can burn the rice.

Adding stock to rice:

1. Using ladle, scoop  $\frac{1}{2}$  to  $\frac{3}{4}$  cup stock. Add to rice, stirring constantly. After first addition rice will look soupy. As rice begins to cook, stir constantly, scraping bottom so rice does not stick. One will observe occasional bubbles from stock. If stock begins to simmer, turn down heat a notch. Risotto can't be rushed!
2. When most of liquid has been absorbed and rice begins to appear dry, add another ladle of stock, stirring constantly, as before. Continue to add stock in batches until most of stock has been used. Will take 30-40 minutes.

Determining when risotto is cooked:

1. Spoon up a grain of rice and bite it. Goal is for a tender bite, but not mushy. If taste is crunchy and tastes starchy, add more warm stock and proceed as before.
2. When rice is tender and risotto has creamy consistency of thick oatmeal it is done.

Serving:

1. Stir in salt and pepper in small potions to taste. Add parmesan and stir well. Serve immediately. Serve with parmesan on side.

Variations: To do a seafood risotto means that you use fish stock (you can make your own but it's available in the stores so why bother with the mess) and add shrimp, lobster, scallops, fish or any combination to the risotto when it is just about done as the shellfish cook rapidly. The scallops have to go in a little earlier.

Asparagus, peas or mushrooms are also good. You can use beef or vegetable stock. Once you get the hang of the cooking process, then you are only limited by your imagination. But you can't rush risotto.