

Organic Risotto

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Blog Post "Organic Risotto"

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Risotto is a classic Italian Rice Dish that is well worth learning. For one thing it just tastes wonderfully and also its so versatile that you can use it to dress up almost any meal.

Hope you enjoy.

Shopping List

2 Tablespoons of Organic Unsalted Butter

1¼ Cup Organic White Rice

¼ Cup Dry White Vermouth

2½ Cups Organic Chicken Stock (or 3 Organic Bouillon Cubes)

Sea Salt & Organic Black Pepper for Seasoning

Optional 3oz. Organic Parmesan Cheese (freshly grated)

Try to stick to organic ingredients but you can substitute if necessary.

Preliminary (Measuring & Preparing the Bouillon if used)

-Measure 1¼ Cups of White Rice. Place in a small bowl and set aside.

-If using Bouillon instead of Chicken Stock Prepare per the instructions given on the package. The end volume you will need to add to this recipe is 2½ Cups.

-If using Chicken Stock instead of Bouillon measure out 2½ Cups and set aside.

-Measure ¼ Cup of Dry White Vermouth. Place in a cup and set aside.

-Measure 2 Tablespoons of Unsalted Butter. Put on a saucer and set aside.

-If you will be adding the optional 3 oz. of Parmesan Cheese. Grate this into a small bowl and set aside

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The Main Event (Making the Risotto)

- Set the saucepan over a Medium heat and add 2 Tablespoons of Unsalted Butter.
- Gently melt the butter. Be careful not to brown. If you do, toss out and start over.
- Once the butter is melted add the 1¼ Cups of White Rice.
- Stir continuously until you notice that the rice is becoming white-ish. This takes only a couple of minutes of cooking to achieve. If you start to overdo it you will notice this "toasty" smell and some of the grains turning golden brown. Time to stop.
- Add the ¼ Cup of Vermouth (watch out for the steam). Stir in, cover the saucepan and let set for 2 minutes so the rice will have time to absorb the wine's flavor (this is important).
- Add in about a third of the Chicken Stock or the Bouillon. Bring the heat down to Low and cover. Let this simmer for 4 minutes.
- Add in the next third of the Chicken Stock or Bouillon. Let Simmer stirring once or twice until this liquid is absorbed. This took 14 minutes for us. But your stove may be different so keep an eye on things.
- Add in the rest of the Chicken Stock or the Bouillon. Let Simmer until the liquid is completely absorbed. This took 14 minutes for us. But as previously mentioned, keep an eye on things.
- After the final amount of liquid is absorbed try the Risotto. If the Rice is too al-dente for your liking just add a bit of water, cover the saucepan and cook until that liquid is absorbed.
- Season with Salt & Pepper to taste (make sure you taste the rice before adding the salt since Bouillon Cubes, if used, may contain salt).

The Main Event (continued)

-If you are going with the optional Parmesan Cheese add and stir in until melted. If you haven't had this before why not take a small sample of the Risotto aside and add the Cheese so you can test it out to make sure you like it? Also, as you get your feet wet with this recipe you can experiment by adding scallions, mushrooms etc. ..whatever floats your boat.

Once done serve immediately. You may have to prepare this recipe a few times to get the timing just right for your stove. But once you get this under your belt you'll be making Risotto on automatic pilot... which will enable you to focus on other things such as cooking your main course and having a good time.

Enjoy your new cooking experiences and live naturally.