

Risotto alla Parmigiana

Portions: 10 Portion size: 5 oz (150 g)

U.S. Metric Ingredients

1 oz 30 g Butter
1 fl oz 30 mL Vegetable oil
1 oz 30 g Onion, chopped fine
1 lb 450 g Italian Arborio rice
1½ qt 1.4 L Chicken stock, hot (approximately)
1 oz 30 g Butter
3 oz 90 g Parmesan cheese, grated
to taste Salt

P r o c e d u r e

1. Heat the butter and oil in a large, straight-sided sauté pan. Add the onion and sauté until soft. Do not brown.
2. Add the rice and sauté until well coated with the fat.
3. Using a 6-oz (150-mL) ladle, add one ladle of stock to the rice. Stir the rice over medium heat until the stock is absorbed and the rice is almost dry.
4. Add another ladle of stock and repeat procedure. Do not add more than one ladleful of stock at a time.
5. Stop adding stock when the rice is tender but still firm. It should be very moist and creamy, but not runny. The cooking should take about 30 minutes.
6. Remove from the heat and stir in the raw butter and parmesan cheese. Salt to taste.

V A R I A T I O N S

Restaurant Method: Prepare basic pilaf (p. 624) using 1 lb Italian Arborio rice to 1 qt chicken stock (500 g rice to 1 L stock). To finish for service, place desired number of portions in a sauté pan and moisten with additional stock. Simmer until slightly moist and creamy, as in basic recipe. Finish with raw butter and parmesan cheese.

Risotto Milanese

Prepare as in basic recipe, but add $\frac{1}{4}$ – $\frac{1}{2}$ tsp (1–2 mL) saffron soaked in 1 cup (200 mL) stock near the end of cooking.

Risotto with Mushrooms

Add 4–8 oz (100–200 g) mushrooms, chopped and sautéed in butter, near the end of cooking time.