

Inspired Risotto

With the help of our Taste of Inspirations® line, Italy's creamy rice dish can be a big hit here at home

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Pizza and pasta may be the hallmark Italian American dishes, yet they're just the beginning of the Italian influence on our local cooking. Risotto, a saucy rice dish, is another Italian classic.

Only certain types of rice will yield the creamy sauce that characterizes risotto. The most widely available is Arborio. Classified as “medium grain,” the grains of Arborio rice are shorter and rounder than those of long-grain white rice. Arborio also behaves differently: As it absorbs liquid, it releases starch that thickens the liquid in the pot.

The cooking technique for risotto is important, and three aspects are key. First, make risotto with warm broth, not water — broth imparts a deeper flavor and keeping it warm allows it to be more easily absorbed by the rice. Second, add the broth a little at a time and cook until it has been absorbed fully before adding more. Third, stir. And then stir some more. Stirring maximizes the release of starch from the rice, creating the rich, milky sauce that defines risotto. Ideally, use a large, high-sided pot; its limited width and straight sides promote absorption of the liquid.

Add ingredients that require longer cooking in time to cook fully by the end, usually 20 to 30 minutes after the initial addition of liquid. With Taste of Inspirations® products and our easy-to-follow instructions, you'll soon master this delicious Italian dish.

ROASTED ONION RISOTTO WITH ARUGULA AND CHÈVRE

SERVES 4

ACTIVE TIME: 45 MINUTES

TOTAL TIME: 1 HOUR, 15 MINUTES

Tangy goat cheese and peppery arugula complement each other in this vegetarian risotto.



(ROASTED ONION RISOTTO WITH ARUGULA AND CHÈVRE)

- 4 medium onions
- 4 cups low-sodium vegetable broth
- 1 Tbsp. Inspirations Garlic Dipping Oil
- 1/2 tsp. minced garlic
- 1/2 cups Arborio rice
- 3/4 cup dry white wine, room temperature
- 1/4 tsp. Inspirations Sel Gris sea salt, or to taste
- 1/2 tsp. freshly ground black pepper
- 1/2 cup crumbled chèvre (goat cheese)
- 4 cups (loosely packed) Inspirations Baby Arugula, roughly chopped

1. Adjust oven rack to low position and pre-heat oven to 400°F. Line a baking sheet with foil and spray with vegetable cooking spray.

2. Peel and finely chop 1 onion and set aside. Halve remaining 3 onions crosswise (do not peel), make two X marks near the tip of each onion half, and place cut side down on baking sheet. Roast until tender when pierced with a thin skewer or knife tip and dark brown on bottom, about 30 minutes. Cool for 10 minutes. Remove and discard skin and roughly chop onions.

3. In a small saucepan, heat broth to a simmer over medium heat, about 5 minutes. Reduce heat to very low and continue to simmer. Meanwhile, in a large pot heat oil over medium heat until hot, about 1 minute. Add reserved chopped raw onion

and cook, stirring frequently, until onion is translucent, about 3 minutes. Add garlic and cook, stirring frequently, 1 minute. Add rice, stir to coat with onion mixture, and cook until edges of grains begin to turn translucent, about 2 minutes.

4. Add wine, reduce heat to medium-low, and cook, stirring frequently, until wine is absorbed, about 2 minutes. Add 1 cup warm broth and cook, stirring occasionally, until it has been absorbed, about 5 minutes. Add remaining broth 1 cup at a time and cook until it has been absorbed between each addition and rice appears moist, creamy, and cooked through, but still a little chewy, about 15 minutes total.

5. Add salt, pepper, and chopped roasted onions and continue to cook, stirring occasionally, until onions are heated through and rice is tender and appears somewhat drier but still saucy and creamy, about 4 minutes. Add cheese and arugula and cook, stirring occasionally, until arugula is wilted, about 1 minute. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
550 CALORIES, 81G CARBOHYDRATES, 17G PROTEIN,
15G FAT (7G SATURATED), 25MG CHOLESTEROL,
430MG SODIUM, 4G FIBER



WINE SUGGESTION: Pair this dish with Da Vinci Chianti DOCG, with its red fruit flavors and earthy tones.

GREEN OLIVE RISOTTO WITH CHICKEN AND TOMATOES

SERVES 6

ACTIVE TIME: 55 MINUTES

TOTAL TIME: 55 MINUTES

This risotto makes a satisfying dinner when paired with a green vegetable or a salad.

- 4 cups low-sodium chicken broth
- 2 Tbsp. Inspirations Crushed Black Pepper Dipping Oil, plus additional if needed
- 1/2 to 1 3/4 lb. (3 to 4) Inspirations Boneless Skinless Chicken Breasts
- 1 medium onion, finely chopped

- 2 garlic cloves, minced
- 1/2 tsp. minced fresh thyme, or 1/2 tsp. dried
- 1/2 cups Arborio rice
- 3/4 cup dry white wine, at room temperature
- 1/3 cup Inspirations Green Olive Tapenade
- 1/4 cup grated Parmigiano Reggiano cheese
- 1/4 tsp. Inspirations Fleur de Sel sea salt
- 1/4 tsp. freshly ground black pepper
- 1 cup grape tomatoes, halved lengthwise
- 6 Tbsp. chopped fresh parsley, divided

1. In a small saucepan, heat broth to a simmer over medium heat, about 5 minutes. Reduce heat to very low and continue to simmer. In a large pot, heat oil over medium-high heat until hot, about 1 minute. Add chicken (do not crowd the pan — cook in two batches if necessary) and cook until well browned on the bottom, 6 to 8 minutes. Turn chicken and cook until second side is browned and chicken is just cooked through, 5 to 6 minutes. Remove chicken to a plate, tent loosely with foil, and set aside.

2. Return saucepan to stove and heat over medium heat until hot, about 1 minute. Add onion and cook until translucent, stirring frequently, about 3 minutes. Add garlic and thyme and continue cooking about 1 minute. Add rice, stir to coat with onion mixture, and cook until edges of grains begin to turn translucent, about 2 minutes.

3. Add wine, reduce heat to medium-low, and cook, stirring frequently, until wine is absorbed, about 2 minutes. Add 1 cup warm broth and cook, stirring occasionally, until it has been absorbed, about 5 minutes. Add remaining broth 1 cup at a time, and cook until it has been absorbed between each addition and rice appears moist, creamy, and cooked through but is still a little chewy, about 15 minutes total.

4. Cut cooked chicken into 1/2-inch-thick slices; set aside 8 slices. Add remaining sliced chicken and any accumulated juices, tapenade, cheese, salt, and pepper to the rice and cook, stirring occasionally, until chicken is heated through and rice is tender and appears drier but still saucy and creamy, about 5 minutes. Add tomatoes and 4 Tbsp. of the parsley and cook, stirring occasionally, until tomatoes are just heated through, about 2 minutes. Garnish each portion with 2 pieces




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of the reserved chicken and a sprinkle of the remaining parsley. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
470 CALORIES, 50G CARBOHYDRATES, 35G PROTEIN,
12G FAT (2.5G SATURATED), 70MG CHOLESTEROL,
500MG SODIUM, 2G FIBER

 **WINE SUGGESTION:** This risotto pairs well with the melon and citrus flavors of Clos du Bois Sauvignon Blanc.

LEMON RISOTTO WITH ASPARAGUS AND SALMON

SERVES 4

ACTIVE TIME: 45 MINUTES

TOTAL TIME: 45 MINUTES

Italian cooks often omit cheese from seafood recipes, but the amount called for here adds richness without a strong Parmesan flavor.

- 4 to 4¹/₄ cups low-sodium chicken or vegetable broth
- 1 Tbsp. Inspirations Garlic Dipping Oil
- 1 medium onion, finely chopped
- 1¹/₂ cups Arborio rice

RISOTTO VARIATIONS

Our Taste of Inspirations® line makes it easy to customize risotto.

- * **Chicken and Roasted Red Pepper Risotto** – Follow the recipe for Green Olive Risotto, omitting the tomatoes and tapenade and adding 1/2 cup Inspirations Roasted Red Pepper Spread.
- * **Roasted Onion Risotto with Feta and Spinach** – Follow the recipe for Roasted Onion Risotto, replacing chèvre with feta and arugula with Inspirations Baby Spinach.
- * **Lemon Risotto with Peas and Ham** – Follow the recipe for Lemon Risotto. Replace asparagus with frozen peas and salmon with 3/4 lb. Inspirations Old-Fashioned Smoked Ham, cut into small cubes.



{LEMON RISOTTO WITH ASPARAGUS AND SALMON}

- 2 tsp. finely grated lemon zest
- 3/4 cup dry white wine, room temperature
- 3/4 lb. asparagus, ends trimmed, cut into 1-inch lengths
- 1/4 tsp. Inspirations Sel Gris sea salt, or to taste
- 1/4 tsp. freshly ground black pepper
- 3 (6-oz.) Inspirations Center Cut Salmon Portions, cut into 1-inch-square pieces
- 3 Tbsp. grated Parmigiano Reggiano cheese, optional
- 3 Tbsp. fresh lemon juice
- 6 Tbsp. finely chopped fresh chives


1. In a small saucepan, heat broth to a simmer over medium heat, about 5 minutes. Reduce heat to low and continue to simmer. In a large pot, heat oil over medium heat until hot, about 1 minute. Add onion and cook until translucent, stirring frequently, about 3 minutes. Add rice and lemon zest, stir to coat with onion mixture, and cook until edges of grains begin to turn translucent, about 2 minutes.

2. Add wine, reduce heat to medium-low, and cook, stirring frequently, until wine is absorbed, about 2 minutes. Add 1 cup warm broth and cook, stirring frequently, until it has been absorbed, about 5 minutes. Make 2

more additions of 1 cup broth, cooking until it has been absorbed between each addition and rice is moist and creamy, but still a little chewy, 12 to 15 minutes total. If rice is not chewy at this point, add 1/4 cup broth or water and stir until it's absorbed.

3. Add asparagus to pan with remaining broth and simmer gently for about 3 minutes. Add broth with asparagus to rice, along with salt, pepper, and salmon. Stir to mix and continue to cook, stirring occasionally and gently (to prevent fish from breaking up too much) until asparagus is tender-crisp, salmon is cooked through, and rice is tender and drier but still saucy and creamy, about 5 minutes. Add cheese (if using), lemon juice, and 4 Tbsp. of the chives, stirring gently to incorporate. Serve immediately, garnished with remaining 2 Tbsp. chives.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
680 CALORIES, 74G CARBOHYDRATES, 42G PROTEIN,
21G FAT (5G SATURATED), 85MG CHOLESTEROL,
400MG SODIUM, 4G FIBER

 **WINE SUGGESTION:** The bright citrus flavors of Starborough Sauvignon Blanc balance the richness of this dish. ●