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Classic Risotto



Ingredients

6oz. risotto rice
2 fl oz. olive oil
1 Onion or 3 shallots – finely chopped
Other herbs or vegetables
3fl oz. red or white wine
16fl oz. – simmering
1.5oz. parmesan cheese – grated

Preparation

1. In a pan sauté the onion and other herbs or vegetables that the recipe may call for in a good amount of olive oil. The oil should fully cover the base of the pan
2. When the vegetables have browned slightly remove them from the pan, make sure that you leave the oil in the pan and just remove the vegetables. Set them to one side
3. Add the rice and sauté it in the oil until it becomes translucent, this should take approximately 10minutes. You should stir the rice constantly to prevent it from sticking
4. Return the vegetables to the pan with the rice and stir in half a glass of white or red wine. Make sure that the wine is warm so as not to shock the rice
5. Stir occasionally until the wine has evaporated
6. Add a ladle of broth. Make sure that this too is hot. Stir gently and occasionally until the broth has evaporated, then add more
7. Keep on cooking, by occasionally stirring and adding broth until you reach the desired texture of the rice. Al dente is the texture that Italians call for when making risotto but you might prefer it somewhat softer. Remember, you do not have to use all of the stock
8. You may want to add a tablespoon of wine with the final ladle of stock to give the risotto more flavour
9. Once it is cooked and all the stock has been absorbed stir some parmesan cheese in and cover for five minutes before serving.

Cooks Note