

**WHEN YOU'RE STRETCHING YOUR DOLLARS,
GET THE BAG THAT RETURNS THE FAVOR.**



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RISOTTO

INFO

- **COURSE:**
Main Course, Side Dish, Starch
- **TOTAL TIME:**
Under 1 Hour
- **SKILL LEVEL:**
Moderate
- **COST:**
Moderate

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Chef Academy, Season 1, Episode 3

YIELD

2 Servings

INGREDIENTS

- 1 oz Unsalted butter
- 1 tablespoons Olive oil
- 4 oz Onions, diced
- 2 Garlic cloves, peeled and chopped
- 6 Sprigs fresh thyme-snatched
- 11 oz Arborio or Carnaroli risotto rice
- Sea salt and freshly cracked black pepper
- 1 Cups Dry white wine
- 1 pints Strong vegetable or chicken stock-hot
- 1 tablespoon Mascarpone
- 1 tablespoon Parmesan

DIRECTIONS

1. Melt the butter and oil in a large frying pan. Add the onions and sweat gently for 3 minutes or until softened, but do not allow to brown.
2. Add the garlic and thyme, and stir in the rice. Season and cook, stirring, for 2 minutes to coat the rice.
3. Pour in the white wine, a quarter at a time, and continue to cook, stirring constantly until completely absorbed.
4. Add the hot stock a ladleful at a time, stirring gently until fully absorbed before adding the next. Constantly stir until the rice is just cooked or al dente, about 25–30 minutes.
5. Remove from the heat, stir in the cheese and serve immediately.

NOTES

- Always use hot stock in order to get excellent results every time.
- Don't try to rush it. Cook it slowly on the lowest heat and stir continually.
- Stir using a wooden spoon to allow the starch to be released from the grain.
- Always add the parmesan at the last minute or it will release too much oil and spoil the risotto.
- If wished, add 1/2 garlic clove cracked and soft herbs to infuse
- For a vegetable variation add 7oz of cooked vegetables (e.g. squash, pumpkins, courgettes, etc)

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