

MUSHROOM RISOTTO



Ingredients:

Stock:

6 chicken wings
1/2 of a yellow onion
1 small carrot
1/2 stalk celery
1/2 cup of dried mushrooms
8 cups of water

1 cup of Carnaroli rice - you can also use Arborio
1 shallot finely diced
8 oz of Cremini mushrooms cleaned and sliced
1 garlic clove, finely minced
1/2 cup of dry white wine
Salt and pepper to taste
3/4 cup of grated Parmesan Reggiano cheese
2 tbsp of extra virgin olive oil
2 tbsp of unsalted butter

Let's Begin:

Step one: The stock. You can certainly use box stock and skip this step. If you do take one box of unsalted chicken stock plus 4 cups of water, bring to a boil in a stockpot. Reduce heat and add the dried mushrooms. You can find the dry mushrooms at most super markets these days and I try and find a mixture of mushrooms or use Porcini. Allow the mushroom/stock mixture to steep for about an hour on the stove on low heat.

Step two: If you elect to make your own stock, roast the chicken wings in a 425 degree oven for 30 minutes. Then add them to a stockpot with remaining ingredients except the mushrooms. Allow this to come to a boil and reduce the heat to low add the mushroom and similar to above allow to steep for an hour - longer is better!

Step three: In a shallow pan or a 8-10 inch skillet, place over medium heat. Add 1 tbsp of butter and olive oil. Allow to melt together. Add shallot and garlic and sauté for one minute. Careful to not allow the garlic to burn or the entire dish will be bitter. Add the mushrooms to the pan and sauté until they release their water and become slightly golden in color.

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Step four: Add rice. Sauté until it becomes translucent - approximately 2 minutes. Add white wine and allow the wine to cook down until almost gone. Strain the stock. Begin to add the stock one ladle at a time. Add some salt and pepper at this stage. Careful to add about a teaspoon of salt and 1/2 a teaspoon of pepper. You can add more at the end if it is needed. Each time allow the stock to reduce until nearly gone and add more. You will stir while you are doing this which will release the starch in the rice - creating the creamy texture we all love in risotto. What you are looking for is a creamy texture and the rice to be al dente which means firm to the bite. Most overcook the rice which is not traditional. Once you have achieved this remove the rice from the heat. Please note the rice will continue to cook once off the heat.

Step five: Stir in the remaining tablespoon of butter and the cheese. Allow the rice to rest for 1-2 minutes. If needed you can add a bit more stock right before serving. Taste for salt and pepper and adjust as needed. Drizzle olive oil over the top and enjoy!