

# Elizabeth's

An American Bistro

From our kitchen to yours, get ready for a cooking adventure with Elizabeth's: An American Bistro.

Gather the ingredients below and learn to make Spring Veggie Risotto

by watching the video released during Hospital Week.

## Risotto Ingredient List

- 1 ½ Cups Arborio Rice
  - 4 Cups Vegetable Stock or Court Bouillon
  - ½ Red Onion – small dice or ⅓ Cup Shallot – Small dice
  - 3 Garlic Cloves – slice thin
  - 2 Tablespoons Extra Virgen Olive Oil
  - 1 Cup Dry White Wine
  - 2 Tablespoons Butter or 2 Tablespoons Extra Virgen Olive Oil
  - 1-2" inch piece of Leek washed and sliced
  - 1 Bunch Asparagus - ends cut off – blanch (if thin to medium with unblanched) and cut into ½ "pieces
  - 2 Cups Fresh or Frozen Peas
  - ¼ to 1/3 Grated Parmesan Cheese
  - Fresh Herbs optional and as desired – Basil, Thyme, Chives, Chervil
  - Kosher Salt & Fresh Ground Pepper
- \* If following the finished risotto recipe for 2 people divide the vegetable amounts in 1/3 leeks, 1/3 bunch asparagus, 2/3 cup of peas and 2 tablespoons of parmesan.

## Base Risotto

**Serves 6 appetizer or lunch portions or pair with a grilled piece of fish or chicken for dinner.**

1. Simmer 3 to 4 cups of stock or Court Bouillon or water. Have a ladle handy.
2. Heat a large sauce pan on stove and add olive oil, sauté onions and garlic for 2 minutes to translucent.
3. Add arborio rice, stir to coat using a wooden spoon. Cook for a minute or two. Do not brown.
4. Add ½ cup of wine and stir until wine absorbs into rice. Also replace white wine with red wine and serve as a side to steak. Season with salt and pepper.
5. Add a ladle of hot stock and stir until stock is absorbed. Repeat. Continue adding the stock and stirring at a quick pace with the wooden spoon. Make sure to not add another ladle of stock until the one before it is absorbed into the rice. Season with salt and pepper.
6. Continue this process for 15 minutes. The rice should be al dente.
7. Remove the pan from the heat and transfer rice to a baking sheet or pan to cool down.
8. Refrigerate. The rice will be ready to be prepared from this stage for a quick meal.

## Finishing Risotto

**Serves 2 people. Perfect for a quick meal – all ingredients can be out of refrigerator or room temperature.**

1. Heat a large sauté pan with a tablespoon of olive oil add the leeks, sauté until translucent.
2. Add asparagus, sauté for a minute. Add ½ cup wine or water and 1 cup of prepared base Risotto. Stir with a wooden spoon to break up.
3. Add Peas, stir and ½ cup of stock. Cook until stock is absorbed into risotto but not stiff.
4. Add a teaspoon of olive oil or butter, herbs and the parmesan and stir for a 1 to 2 minutes until blend and creamy consistence. Season to taste with salt and pepper as desired.
5. Divide in to two bowls and serve.