

The Friday 4

4
FRESH
IDEAS
YOU
CAN USE
IN
4
MINUTES
OR LESS



1 Quick Recipe: Don't Save Risotto Just for Company!

Easy, Savory with a Hint of Sweet:

Italian Root Vegetable Risotto

5 - 6 Cups Vegetable Stock
1 TB Unsalted Butter
1 TB Olive Oil
1 Medium Red Onion, Minced
3 Carrots, Grated
3 Parsnips, Grated
1 ½ Cup Arborio Rice
½ Cup Dry White Wine
½ Cup Grated Parmesan
Salt and Pepper to Taste
Fresh Herbs for Garnish

Step One Pour the stock in a saucepan and bring it to a simmer.

Step Two Combine the butter, oil, and minced onion in a large heavy skillet. Cook over medium heat for about 5 minutes, until the onion is translucent and soft.

Step Three Add the carrots and parsnips and cook until softened about 5 minutes. Add the rice and stir, continuing to cook until slightly golden, about 5 minutes more.

Step Four Once the rice is toasted, add white wine slowly, stirring with a wooden spoon. When the white wine is absorbed, start adding the warm vegetable stock, 1/2 cup at a time, stirring often, and adding more stock when previous batch is almost absorbed. Continue adding the stock as the rice absorbs the liquid. Add the liquid a little at a time while stirring constantly in order to release the rice's starch. You want the grains of rice to be firm - not mushy or chalky. (This whole process should take about 20 - 25 minutes). Remove

from the stove, stir in the grated cheese, taste for salt and pepper and garnish with fresh herbs.

2 Kitchen Smidgen

Risotto means, "little rice" in Italian. Risotto differs from other rice dishes in that the cooking vessel is never covered, and liquid is added bit by bit, stirring often, until the rice is cooked but still a little al dente.

3 Get Creative

Wondering about that funny looking white carrot in the produce department? It's a parsnip. A relative of the carrot, it tastes slightly sweet but starchy, and it's a great addition to any meal where a root veggie is desired. Try substituting parsnips in almost any potato dish!

4 WINE of the Week

Sokol Blosser Evolution Number 9
Willamette Valley, Oregon

Total Wine around \$15.00

Sokol Blosser is a pioneering winery in Oregon that makes some delicious Pinot Noirs, as well as the fun Evolution series - perfect to pair with a veggie risotto. Evolution Number 9 is a unique blend of 9 different grapes that bring apple and pear aromas and tastes to the glass combined with bright acidity and a smooth finish.