

Seafood & Saffron Risotto

Risotto is more of a method than a recipe and within that method, basic principles and ratios apply. Risotto is made using a short grain Italian rice called Arborio. It is very short, plump, and round with an extremely high starch content. The finest Arborio rice is called carnaroli and is relatively expensive even for Arborio which is already expensive for rice at about \$1-3/pound.

The rice is first sautéed with any aromatics like onion or garlic and olive oil. Then stock or water and usually wine is added in increments of about 1/3. The stock should be boiling hot. The risotto is shaken in the pan and stirred IF NECESSARY. When the stock is all added and has been taken up by the rice, the result should be semi-fluid, with the rice grains cooked al dente, surrounded by a creamy sauce.

At this point the rest of the ingredients are added and usually include butter and cheese, seasonings, (salt and pepper), any herbs and garnishes.

The risotto should be served immediately before it has a chance to set up and become firm.

Basic Seafood Risotto “ratio”/recipe

		Olive oil as needed
1		Onion, medium, small dice
½	bulb	Fennel
1	C	Leeks, green & white, small dice
2	T	Garlic, minced
3	C	Arborio rice
1	pinch	Saffron (more if desired stronger saffron flavor)
1	C	White wine
6	C	Chicken, fish, or vegetable stock
1	#	Assorted raw seafood (shrimp, salmon, bass, lobster, scallops, etc.)
½	#	Unsalted Butter
		Kosher Salt and white pepper to taste

Suggested garnishes:

- Asparagus, cut and blanched
- Peas
- Roasted red peppers
- Sundried tomatoes
- Vine ripe tomatoes