



COOKING DEMOS

WITH CHEF MARK RIGANO

Thursday, May 21 @ 11 AM

Basic Risotto

Ingredients:

| | |
|----------------------------|-----------------------------|
| Yellow Onion, finely diced | 2 Tablespoons |
| Olive Oil | 3 oz |
| Arborio Rice | 1 pound |
| Chicken Stock or Water | 1 1/2 quart (use as needed) |
| Dry White Wine | 1 cup |
| Parmesan Cheese grated | 1/3 cup |
| Butter, Unsalted | 1 Tablespoon |
| Kosher Salt | To Taste |
| Pepper | To Taste |

Method:

1. Sweat onions in olive oil until translucent
2. Add rice and mix thoroughly. Cook, stirring until a toasted aroma develops, do not brown.
3. Over medium heat add 1/3 of the stock. Using a wooden or non-metallic spoon, stir continuously letting the stock be absorbed into the rice.
4. Add the wine while continually stirring.
5. As the stock and wine is absorbed, gradually add more stock in small amounts, stirring continuously. Repeat until rice is Al Dente (to the tooth). Should take about 20-25 minutes.
6. Add whole butter and Parmesan cheese, season to taste.

