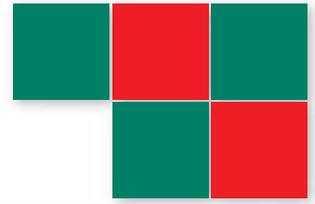


Risotto!

— Made Simple —



Basic Guidelines for a Delectable Risotto

- Choose a heavy pan with a thick bottom so the heat will be evenly distributed. Be sure the pan is large enough, keeping in mind that the rice will expand three times when cooked.
- Sautéing the rice in oil or butter protects each rice grain, allowing it to absorb the stock evenly and slowly. This will result in a creamy risotto, allowing each rice grain to maintain its individual shape.
- Wine is a popular ingredient in risotto. The wine must be added early in the cooking process so the alcohol is allowed to evaporate. The wine should act as a background flavor, and not become the dominant flavor.
- Whichever broth you use, it must be kept hot and added in stages, a little at a time, allowing the rice to absorb the liquid gradually.
- Do not overcook. Risotto is done when the rice is slightly *al dente*, creamy, yet firm in the center.
- The final richness is added after the risotto is removed from the heat. Add butter, cream or Parmesan cheese to give the desired silky, smooth richness that is characteristic of the perfect risotto.



Fennel Risotto

- 1 cup Carolina®, Mahatma®, River® or Water Maid® Rice
- 1 bulb fennel (12 ounces), quartered
- 4 cups chicken broth
- 1/4 teaspoon ground saffron (optional) (Turmeric may be substituted).
- 2 tablespoons corn oil margarine, divided
- 2 tablespoons olive oil
- 1/4 cup minced onion
- 1/4 cup freshly grated Parmigiano Reggiano cheese
- Salt to taste
- 2 tablespoons chopped fennel tops, reserved separately

Soak the quartered fennel in ice water, drain well and pat dry. Chop as uniformly as possible and set aside.

Heat the chicken broth in a saucepan until boiling, maintaining a steady simmer. Add saffron. Heat 1 tablespoon of the margarine and the oil in a heavy saucepan over low heat until melted. Add the onion and sauté until tender. Add rice and chopped fennel bulb. Sauté for 3 minutes. Add enough hot broth to cover the rice. Adjust heat to maintain a steady simmer and cook, stirring constantly until broth has been absorbed. Add another cup of broth. Cook, stirring constantly until all the broth has been absorbed. Continue adding broth 1 cup at a time, cooking and stirring. Stir in reserved fennel tops when the rice is almost cooked. Cook until rice is creamy and firm. Total cooking time is 25 minutes.

Remove from heat, add remaining margarine. Stir in with grated cheese and salt, serve with extra cheese on the side. Serves: 4



Wild Mushroom Risotto

- 1 ounce dried wild mushrooms
- 3 cups hot water
- 2 cups chicken broth
- 1/4 cup butter, divided
- 1/2 cup chopped onion
- 1 cup Carolina®, Mahatma®, River® or Water Maid® Rice
- 1/3 cup dry white wine
- 1/2 cup fresh or thawed frozen peas
- 1/4 cup grated Parmesan cheese
- 1/2 cup heavy cream
- Salt and ground white pepper, to taste

Place mushrooms in 2-quart saucepan. Pour 3 cups hot water over mushrooms; let stand 30 minutes or until soft. Drain mushrooms, reserving liquid, and coarsely chop. Set aside.

Add broth to reserved mushroom liquid and heat over medium heat until it comes to a simmer. Reduce heat to low and keep warm.

Meanwhile, melt 2 tablespoons butter in large saucepan over medium heat; add onion and cook until soft. Add rice and stir 2 to 3 minutes. Add wine; stir until absorbed. Increase heat to medium-high; stir in 1 cup warmed water-broth mixture. Cook uncovered, stirring frequently, until liquid is absorbed. Continue stirring and adding remaining water-broth mixture, allowing each cup to be absorbed before adding another. Cook until rice is tender and mixture has a creamy consistency, about 25 to 30 minutes.

Stir in mushrooms, peas, cheese, salt, pepper, cream and remaining butter. Stir until mixture is creamy, about 2 to 3 minutes. Serve immediately. Serves 4



Tangy Tomato and Lemon Risotto

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| 4 cups chicken broth | 1 cup chopped tomatoes |
| 1 tablespoon olive oil | 1/4 cup lemon juice |
| 2 finely chopped shallots | 1 tablespoon lemon peel |
| 1 cup Carolina®, Mahatma®, River® or Water Maid® Rice | |

Heat broth in 2-quart saucepan over medium heat until it comes to a simmer. Reduce heat to low and keep warm.

Meanwhile, heat oil in large saucepan over medium heat. Add shallots; cook until soft. Add rice and stir 2 to 3 minutes. Increase heat to medium-high; stir in 1 cup warm broth. Cook uncovered, stirring frequently, until broth is absorbed.

Continue stirring and adding remaining broth, 1 cup at a time, allowing each cup to be absorbed before adding another. Cook until rice is tender and mixture has a creamy consistency, about 25 to 30 minutes. Stir in tomatoes, lemon juice and lemon peel. Serve immediately. Serves 4



Creamy Risotto

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| 3 cups water | 1/3 cup dry white wine |
| 2 cups chicken broth | 1/2 cup heavy cream |
| 1/4 cup butter, divided | 1/4 cup grated Parmesan cheese |
| 1/2 cup chopped onion | Salt and ground white pepper to taste |
| 1 cup Carolina®, Mahatma®, River® or Water Maid® Rice | |

Heat water and broth in 2-quart saucepan over medium heat until it comes to a simmer. Reduce heat to low and keep warm.

Meanwhile, melt 2 tablespoons butter in large saucepan over medium heat; add onion and cook until soft. Add rice and stir 2 to 3 minutes. Add wine; stir until absorbed. Increase heat to medium-high; stir in 1 cup of the warm water-broth mixture. Cook uncovered, stirring frequently, until liquid is absorbed. Continue stirring and adding remaining water-broth mixture, 1 cup at a time, allowing each cup to be absorbed before adding another. Cook until rice is tender and mixture has a creamy consistency, about 25 to 30 minutes. Stir in cream, cheese, salt, pepper and remaining butter. Stir until mixture is creamy, about 2 minutes. Serve immediately. Serves 4

Risotto with Asparagus and Ham

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| 4 cups chicken stock | 2 tablespoons cream |
| 2 tablespoons butter | 5 tablespoons Parmesan cheese |
| 1 medium onion, chopped | 1 cup cubed ham |
| 1 cup Carolina®, Mahatma®, River®, or Water Maid® White Rice | 10 ounces blanched asparagus, sliced |
| 1/2 cup dry white wine | |

Heat chicken stock to a medium boil; keep warm.

In a large saucepan, melt butter. Sauté onion. Add rice and stir. Add wine and stir until it is nearly all absorbed. Add about 1 cup stock at a time and continue to add every 15 minutes until liquid is absorbed and rice is soft and creamy. Fold in cream and cheese. Add ham and asparagus. Serves 4

Cilantro Cream Risotto with Shrimp

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| 3 cups water | 1 clove garlic, minced |
| 2 cups chicken broth | 1 cup Carolina®, Mahatma®, River® or Water Maid® Rice |
| 1 cup heavy cream | 2 medium tomatoes, chopped and seeded |
| 1/4 cup minced cilantro | 1/3 cup grated Parmesan cheese |
| 1/3 cup butter or margarine, divided | 1/2 cup chopped green onions |
| 3/4 pound shrimp, peeled, defined, and chopped | 1/2 teaspoon ground white pepper |
| 1/2 cup chopped onion | 1/2 teaspoon salt |

Heat water and broth in 2-quart saucepan over medium heat until it comes to a simmer. Reduce heat to low and keep warm. Meanwhile, combine cream and cilantro in small saucepan. Bring to a boil, reduce heat to low and simmer until mixture is reduced in half, about 20 to 30 minutes.

Melt 2 tablespoons butter in large saucepan over medium-high heat. Add shrimp; cook until pink, about 2 to 3 minutes. Do not

overcook. Remove from saucepan; keep warm. In same saucepan, cook onion and garlic in remaining butter over medium heat until soft. Add rice and stir 2 to 3 minutes. Increase heat to medium-high; stir in 1 cup water-broth mixture.

Cook uncovered, stirring frequently, until liquid is absorbed. Continue stirring adding remaining water-broth mixture, 1 cup at a time, allowing each cup to be absorbed before adding another. Cook until rice is tender and mixture has a creamy consistency, about 25 to 30 minutes.

Stir in cilantro cream, shrimp, tomatoes, green onions, pepper and salt. Stir until mixture is creamy, about 2 to 3 minutes. Serve immediately. Serves 4

Leftover Risotto Pancakes

(Adapted from *The New Joy of Cooking* (1997, Scribner). For a slightly different crust, dust the batter in Italian-seasoned breadcrumbs just before cooking.)

- 1 to 2 cups leftover risotto
- 1 large egg, beaten
- 2 tablespoons butter freshly grated Parmesan cheese

In a bowl, mix risotto with egg until thoroughly combined.

Melt butter in large nonstick skillet over medium heat. Before butter browns, add bits of risotto batter: Use a tablespoon for small silver-dollar pancakes, or 1/2 cup for larger, 4-inch pancakes. Cook undisturbed until bottoms are browned, about 5 minutes. Gently turn with a spatula and brown second sides, about 5 minutes. Be sure not to crowd pan; if necessary, cook in batches, adding more butter as needed.

Sprinkle cooked pancakes with a little grated Parmesan and serve immediately. Serves 4

Note: If starting out with plain risotto, such as the Creamy Risotto recipe above, meat and vegetables may be added to the pancake batter. First dice into small pieces, then mix with risotto and egg and cook as directed. Additions to the pancake batter can include minced garlic, about 1 clove; smoked ham or prosciutto, up to 3 ounces; shredded smoked mozzarella cheese, about 1-1/2 ounces; fresh or thawed frozen peas, 1/4 cup.

Compliments of Mahatma®, Water Maid, Carolina® and River® Rice. For additional recipes and special offers, call 800-226-9522 or visit our web sites at www.mahatmarice.com and www.carolinarice.com