

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR
LESS



1 Quick Recipe: Yes - YOU can create a Delicious Risotto!

Easy and Fun!

Red Pepper Risotto

2 OZ Unsalted Butter
2 TB Extra Virgin Olive Oil
1 Cup Minced Yellow Onion
1 Garlic Clove, Minced or Grated
1 ½ Cups Arborio Rice
1 ½ Cups Dry White Wine
5 Cups Veg Stock
2 - 4 Oz Shredded Parmesan
Sea Salt and Black Pepper
2 TB Mascarpone Cheese
2 Roasted Red Peppers Cut in Strips
Zest of One Lemon

Step One Have your veg stock at a simmer and have it ready on the stove. In a large heavy skillet; combine the butter, and chopped onion. Cook

over medium low heat for about 10 minutes, until the onion is translucent and softened but not browned. Add the garlic clove and stir until fragrant. Add the rice and cook and stir until very slightly browned, about 10 minutes more.

Step Two Once the rice is toasted, add the white wine slowly, stirring often. When the wine is absorbed, start adding the warm stock, ½ 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.

Step Three Add in the shredded Parmesan, and stir. Season to taste with salt and pepper. Right before

serving, take off the heat and stir the roasted red pepper, mascarpone and zest into the risotto.

2 Kitchen Smidgen

To make the risotto creamy, you 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 25 minutes and the risotto will be a little chewy (to your liking) and have a creamy texture.

3 Get Creative

Did you know there are OVER 450 different kinds of cheese produced in Italy? Wow. The two cheeses used in the risotto this week are both cows milk cheese, but made in two different parts of Italy using two completely different techniques.

4 Wine FIND of the Week

Charles Smith VINO Pinot Grigio
Washington State

Most Grocery Stores about \$14.00

Crisp, fresh and fragrant with lots and lots of appealing citrus flavor make this inexpensive but quality wine a no brainer to stir up the risotto with - and to enjoy in your glass with dinner. Charles Smith is literally a "rockstar" vintner with a portfolio of easy drinking and affordable wines.