



Taste and Savor

## 1 Quick Recipe:

### Roasted Red Pepper Risotto

2 oz Unsalted Butter  
 2 TB Olive Oil  
 1 Yellow Onion  
 1 Garlic Clove, grated  
 1 ½ Cups Arborio Rice  
 1 ½ Cups Dry White Wine  
 5 Cups Veg Stock  
 4 - 6 oz Shredded Parmesan Reggiano  
 Sea Salt and Freshly Ground Pepper  
 2 TB Butter OR Mascarpone Cheese  
 2 Roasted Red Peppers, julienned  
 1 Lemon, zested

**Step One** Have veg stock at a simmer and ready at stove side.

**Step Two** In large sauté pan, combine butter, oil and onion. Cook over medium low heat for about 10 minutes, until translucent and softened but not browned. Add garlic and stir for 1 minute. Add rice and stir, continuing to cook until well coated with fat and slightly golden, about 5 minutes.

**Step Three** Once rice is toasted, add wine slowly, stirring with a wooden spoon. Increase heat to

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

# The Friday 4



medium. When wine is absorbed, start adding warm stock, ½ Cup at a time, stirring often, and adding more stock when previous batch is almost absorbed. Continue adding stock as rice absorbs liquid. Use all 5 cups of stock; the rice will take about 20 minutes before it is completely cooked.

**Step Four** Add in Parmesan and stir. Salt and pepper to taste. Right before serving, remove from heat, stir in peppers, butter or mascarpone and zest.

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 minutes - the risotto will be a little chewy (to your liking) and have a creamy texture.

## 3 Clever Idea

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 cow's milk cheese, made in two different parts of Italy using two completely different techniques.

## 2 Kitchen Scoop

To make the risotto creamy, you add

## 4 Cheers!

### Maso Canali Pinot Grigio

Trentino-Alto Adige  
 About \$15

This easy drinking, well made and very food friendly wine is a surprise for those of us who don't usually enjoy pinot grigio. Instead of a thin mouthfeel you often encounter in inexpensive pinot, this wine has a more weight, coming from about 10% of Chardonnay that has been added. This one is from Northern Italy, the home of the Italian Pinot Grigio grape. I like to think about this pairing as a squeeze of lemon on top of the creamy risotto.