

WHITE CHEDDAR & ROSEMARY RISOTTO from Renea Myers

4 cups (or more) low-sodium chicken stock (or broth)
3 Tbsp. olive oil
2 garlic cloves, minced
½ cup shallots, finely diced
1 cup Arborio rice
½ cup white wine
4 Tbsp. butter, cut into 1" pieces
1 ½ tsp. finely minced rosemary
2/3 cup grated aged white cheddar cheese
salt and pepper to taste, if needed

Tools:

-large, deep saute pan or skillet
-medium saucepot
-dry/liquid measuring cups and spoons
-cutting board, mat, chef knife
-box grater or food processor
-ladle
-rubber spatula or large heat-proof spoon

1. Gather and prepare all ingredients.
2. Heat the chicken stock in a medium saucepot and keep at a low simmer.
3. Heat olive oil in a large saute pan or skillet over medium heat. Add shallots. Cook until translucent, 3-4 minutes. Add the garlic and cook until aromatic, about 30 seconds. Add the rice. Stir until well coated and starts to make a "clicking sound" when stirred, 3-4 minutes. Add wine to rice mixture and stir until liquid is absorbed.
4. Using a ladle, add 3/4 cup hot stock to rice. Stir rice constantly, at a moderate speed. When rice mixture is just thick enough to leave a clear path behind the spoon, add another 3/4 cup stock.
5. Continue adding stock 3/4 cup at a time and stirring constantly until rice is mostly translucent but still opaque in the center and starting to get tender. Add smaller amounts of liquid as rice starts to get done to avoid over-cooking. Rice should have a slight "chew" but not be crunchy. The final mixture should have rice grains in liquid that is the consistency of cream. It will thicken more as it cools. The total cooking process can take up to 25 minutes.
6. Stir in rosemary. Remove from heat. Stir in butter and cheese until melted. Taste and season with salt and pepper if desired.

Makes 6-8 servings.



