

Risotto w/ Peas, Carrots & Green Beans

Swick

Serves 1 | Active Time: 50 minutes | Total Time: 50 minutes

Chef's Notes

Any combination of vegetables can be par-cooked and added to this recipe to create a different dish.

Step 1: Preparing Your Mise en Place

- 5 cups vegetable stock (see note)
- 1/2 tsp sea salt (or to taste)
- 1/2 cup carrots
- 1/2 cup green beans
- 1/2 cup onions
- 2 cloves garlic
- 1 cup risotto rice (see note)
- 2 tbsp extra-virgin olive oil
- 1/4 cup white wine or vermouth
- 1/2 cup frozen peas

Note: For the liquid, use a light stock. If your stock is very strong in flavor, you can use a combination of 1/2 water and 1/2 stock so you don't over power the flavor of the rice. Always keep in mind that more or less liquid may be needed to cook this dish. It's always better to have too much than not enough.

To prepare your mise en place, first place the liquid into a pot, season with the salt (if needed) and bring to a boil.

In the meantime, wash and peel the carrots. Clean and trim the beans. Cut the carrots and beans into small dice, about the same size as the peas. Set up an ice bath. Par-cook the carrots and beans in the cooking liquid. Once the vegetables are almost tender, transfer them to the ice bath to stop the cooking process. Once cool, drain and set aside. Reduce the heat to low to keep the cooking liquid hot.

Next, finely dice the onions and garlic.

Measure out the rice, olive oil, white wine and frozen peas. Set everything aside.

Step 2: Starting the Risotto

Place the oil into a large, heavy-bottomed pan and heat over medium to medium-low heat.

Add the onions and a pinch of salt and sweat until soft and translucent, about 10 to 15 minutes. Next, add 1/4 cup of the hot cooking liquid to soften the onions further. Let the cooking liquid completely evaporate before moving onto the next step.

Note: For this dish, it is important to use rice that is suitable for risotto.

Step 3: Toasting the Rice & Deglazing

Once the liquid has completely evaporated, turn the heat up to medium-high and add the rice all at once. Stir to coat the rice in the hot fat. Monitor the heat so the aromatics do not burn. Toast the rice for a few minutes until the perimeter of the grains are translucent.

Once toasted, add the garlic and cook, stirring just until the garlic is fragrant, about 30 seconds. Deglaze with the wine. Stir the rice until the wine evaporates.

Step 4: Cooking the Risotto

Once the wine has evaporated, slowly add the hot liquid cup by cup. Stir often to coax the starches out of the rice. Adjust the heat so the liquid is always gently boiling. Once the liquid has been absorbed, then and only then, add the next cup. Stir frequently.

Continue to add liquid and cook the risotto until it reaches the al dente stage (or until it is done to your liking). Start tasting the rice for doneness around the 15 minute mark.

Step 5: Finishing the Risotto

- extra-virgin olive oil (for garnishing) Once the risotto has been cooked to your liking, taste it for seasoning. Stir in a bit of olive oil, if desired.

Next, fold in the cooked beans and carrots and frozen peas. Cover and let rest for 1 to 2 minutes.

Just before serving, add a bit of hot liquid to loosen the consistency, if necessary. Plate on warmed dishes and drizzle with a bit of olive oil. Serve immediately.