

Parmesan Zucchini Risotto

Ingredients:

750 mL low-sodium chicken broth
1 finely chopped shallot
125 mL Arborio or Carnaroli rice
60 mL unsalted butter
1/3 zucchini, diced
60 mL grated Parmesan cheese
15 mL chopped fresh flat-leaf parsley
Salt and freshly ground black pepper



Directions:

1. In medium- sized saucepan, heat chicken broth over high heat until at a rolling boil. Take off heat and cover with lid to keep warm. Set aside.
2. Heat butter in medium sized saucepan over medium heat. Add minced shallots, and cook, stirring, until translucent.
3. Add rice, and cook, stirring, until rice begins to make a clicking sound like glass beads, 3 to 4 minutes. **DO NOT LET SHALLOTS BROWN!**
4. Using a ladle, add 125 mL hot chicken stock to rice. Using a wooden spoon, stir rice constantly, at a moderate speed. When rice mixture is just thick enough to leave a clear wake behind the spoon, add another 125 mL stock.
5. Add diced zucchini after the first 15 minutes of cooking.
6. Continue adding stock 125 mL at a time and stirring constantly until rice is mostly translucent but still opaque in the center. Rice should be al dente but not crunchy. As rice nears doneness, watch carefully and add smaller amounts of liquid to make sure it does not overcook. The final mixture should be thick enough that grains of rice are suspended in liquid the consistency of heavy cream. It will thicken slightly when removed from heat.
7. Remove from heat. Stir in 30mL butter, Parmesan cheese, and parsley; season with salt and pepper. Divide the mixture into shallow bowls, mounding risotto in the center, and grate or shave additional Parmesan over risotto. Serve immediately.