



Risotto Milanese

By Chef Dave Bland

4 Servings

Ingredients:

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| 1/4 cup extra-virgin olive oil | 1 zucchini, diced |
| 1 medium onion, cut into 1/4-inch dice | 4 T (1/2 stick) unsalted butter |
| 1 tsp saffron threads | 1/2 cup freshly grated Parmigiano-Reggiano, plus more for sprinkling |
| 3 1/2 cups chicken stock, hot | |
| 2 cups arborio rice | |
| 1/2 cup white wine | |
| 1/2 cup sweet peas | |

Directions: In a 12 to 14-inch skillet, heat the olive oil over medium heat. Add the onion and cook until softened and translucent but not browned, 8 to 10 minutes. Meanwhile add the saffron to the stock, stirring to infuse. Once the onions are translucent add the rice and stir with a wooden spoon until toasted and opaque, 3 to 4 minutes. Add the wine to the rice, and then ladles of the saffron and stock. Cook, stirring, until stock is absorbed. Continue adding the stock a ladle at a time, waiting until the liquid is absorbed before adding more. Add vegetables. Cook until the rice is tender and creamy and yet still a little al dente. Stir in the butter and cheese until well mixed. Add generous cheese to the rice when served along with garnish of extra virgin olive oil.

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Amount Per Serving	
Calories	511.6
Total Fat	32.1 g
Saturated Fat	12.4 g
Polyunsaturated Fat	3.0 g
Monounsaturated Fat	15.4 g
Cholesterol	46.7 mg
Sodium	675.8 mg
Potassium	325.9 mg
Total Carbohydrate	37.8 g
Dietary Fiber	0.8 g
Sugars	4.3 g
Protein	13.9 g