

Maine Arts Camp

2013

Recipe Name: Italian Sausage Risotto

Chef: Charlie Limoggio C.E.C.

Servings: 4

Yield:

Quantity	Unit	Ingredient Name	Prep Notes
1	TBSP	Olive oil	
1	pound	Italian sausage links	sliced
1	medium	Sweet onion	Vidalia or Georgia Sweets
1	TBSP	Minced garlic	
1/2	tsp	Dried thyme	
1 1/4	cups	Arborio rice	
5	cups	Chicken broth	
1/4	cup	Grated Parmesan cheese	
1/4	tsp	Ground black pepper	
2	TBSP	Lemon juice	
1	Cup	Frozen peas	

1. In a heavy, large Dutch oven or saucepan, heat oil over medium heat. Sauté sausage and onion until onion is translucent, about 3 minutes. Add garlic and thyme and cook until garlic is fragrant, about 30 seconds. Add rice and stir to coat with oil.
2. Stir in 2 cups broth. Lower heat to medium-low and simmer, uncovered, until broth is absorbed, stirring every minute or so, for about 15 minutes. Continue adding stock, 1 cup at a time, stirring until liquid is adsorbed and rice is tender and creamy, about 5 minutes. Stir in peas and 1/4 cup Parmesan; cook 1 minute or until heated throughout. Season with 1/4 teaspoon black pepper. Garnish with parsley and additional cheese. Serve immediately.

Notes: Constant stirring will produce a pasty risotto. Every minute or so, stir a little so nothing sticks to the pan. Eliminate 1 cup of chicken broth and use 1 cup chardonnay as the first liquid to be absorbed. Risotto should be cooked al dente not mushy. Chicken Italian sausage can be used for a low fat protein.