

# Maine Arts Camp

Recipe: Italian Chicken Sausage Risotto

Chef: Charlie Limoggio CEC

Servings: 4 main Course portions

Quantity	Unit	Ingredient	Prep Notes
1	Tablespoon	Olive oil	
1	Pound	Chicken Italian Sausage	
1	Cup	Spanish or yellow onion	Small dice
1	Tablespoon	Minced garlic	About 3 medium garlic cloves
½	Teaspoon	Dried thyme leaves	
1 ¼	Cups	Arborio rice	
4 ½	Cups	Lo-sodium chicken broth	
1	Cup	Frozen peas	thawed
¼	Cup	Parmesan cheese	Grated
¼	Teaspoon	Ground black pepper	

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; stir 1-2 minutes to coat rice grains with oil.
2. Stir in 2 cups broth. Lower heat to medium-low and simmer, uncovered, until broth is absorbed, stirring occasionally, for about 15 minutes. Continue adding stock, 1/4 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

\*\*May need some additional broth to cream out the risotto.

**Please note: Volume and weight are not interchangeable. If the recipes calls for ounces, the ingredient is to be weighed. If it says fluid ounces, then it is by volume and is to be measured in cups, ½ cups etc.**