

Risotto Milanese

This is the traditional accompaniment for Osso Buco when you are not watching your figure.

Depending on how you are serving this, I'd use either beef stock or chicken stock but home made, not nasty dehydrated cubes. I personally find brown chicken stock a good, easier alternative to beef stock which can be tricky, for me, anyway.

Planning

serves:	4
prep time:	10 mins
cooking time:	25 mins

Ingredients

240g carnaroli rice
½ onion, finely chopped
50g parmesan, freshly
grated
1 tsp saffron threads
80/100g butter
olive oil
200ml dry white wine
1l stock, kept hot
Salt & pepper

Method

Melt 80g of the butter over medium heat together with a little olive oil to stop it burning. Add the chopped onion and soften it for a few minutes. Now stir in the rice and cook it for 2-3 minutes until it becomes translucent around the grain edges, stirring frequently. Add the white wine and bubble it away until it evaporates, stirring frequently again.

Now we start adding the hot stock ladle by ladle. Add the first and stir in the saffron threads. Maintain a reasonable simmer and stir frequently as the liquid is absorbed. Add further ladles of stock as it gets absorbed and continue stirring now and then.

You'll probably need to add about 750mls of the stock by which time the rice should be very nearly cooked. Turn off the heat and sprinkle on the parmesan without stirring, together with another knob of butter broken up. Let it sit for two minutes during which time the rice should finish cooking and the parmesan will melt.

Season with a little salt (careful, the parmesan is salty) and pepper, then stir it all together quite vigorously.