

*T. Cook's*

## **Risotto**

Chef Lee Hillson  
*[Serves 4]*

Arborio rice turns creamy and takes on the flavors of the ingredients cooked with it. It is one of the simple pleasures of an epicurean life – when prepared well. The key is to be attentive and stir constantly. The addition of whipped cream enhances the natural creaminess of the rice while providing additional body to the dish. This recipe serves 4 as a starter. To serve as a main dish, double the ingredients.

### **Ingredients**

1 ½ Tablespoon Canola & Olive Oil (75% Canola/25% Olive)  
¼ Medium onion, diced  
1 Cup Arborio rice  
2 ½ Cups chicken stock, heated  
2 Tablespoons butter, unsalted, softened  
¼ Cup grated Parmigiano-Reggiano cheese  
¼ Cup heavy cream, whipped  
Salt and white pepper to taste

### **Method**

Heat the oil in a saucepan over medium heat. Sauté onion until almost translucent, about 3 minutes. Stir in rice and sauté until all the grains are coated with oil and the onions are translucent, another 3 minutes. Pour in ½ cup of the chicken stock. Stir constantly with a wooden spoon until most of the stock is absorbed. Repeat this step until the rice has absorbed all of the chicken stock, and is creamy but still al dente. Stir in the butter and cheese until smooth. Remove from heat and fold in whipped cream. Season with salt and white pepper to taste.

