

| Recipe No. | Name | | | | | | Category |
|--|-----------------|----------------------------|-------------|------------------|------------------|-------------|--------------|
| 29.6 | Risotto | | | | | | Starches |
| Yield | Portion Size | | | | | | No. Portions |
| 2 qt. (1.9 L) | 1 c. (240 mL) | | | | | | 8 |
| US Quantity | Metric Quantity | Ingredient | | | | PHF (TCS) | |
| 1½ qt. | 1.44 L | chicken stock | | | | • | |
| to taste | | salt | | | | | |
| to taste | | white pepper | | | | | |
| 3 oz. | 85 g | butter | | | | • | |
| 2 oz. | 60 g | onion, small dice | | | | | |
| 1 pt. | 480 mL | short-grain rice (Arborio) | | | | | |
| 3 oz. | 85 g | Parmesan cheese, grated | | | | • | |
| | | | | | | | |
| Method | | | | | | | CCP |
| 1. Bring chicken stock to a simmer. | | | | | | | CCP |
| 2. Heat ⅓ of the butter in a saucepan and add the onion. Season with salt and pepper. Sweat until soft and aromatic. | | | | | | | |
| 3. Add the rice and stir to coat the grains with the butter. | | | | | | | |
| 4. Add approximately ⅓ of the chicken stock. Stir continually in an even motion while rice and stock simmer until all of the liquid is absorbed. | | | | | | | |
| 5. Repeat step 4 until all of the liquid is absorbed and the grains are al dente tender. The product should have a creamy consistency. | | | | | | | |
| 6. Stir in the remaining butter and Parmesan cheese until fully incorporated. Taste for seasoning and adjust if necessary. | | | | | | | |
| 7. Serve immediately as risotto becomes too starchy if held. | | | | | | | |
| Portion (g) | Calories | Fat (g) | Protein (g) | Carbohydrate (g) | Cholesterol (mg) | Sodium (mg) | Fiber (g) |
| 232 | 261 | 13.14 | 9.48 | 25.47 | 35.68 | 985.23 | 0.36 |