

RV GODDESS: Risi e Bisi (Risotto with Peas)

This is a very basic and popular risotto dish - you may easily vary the ingredients. With a tossed salad, a loaf of crusty bread and a nice bottle of Italian wine... you'd swear you were in Italy!

1½ cups Arborio Rice
4 Tablespoons olive oil
1 onion, chopped fine
3-4 cloves garlic, minced
6-8 cups vegetable or chicken stock, heated
1 cup frozen peas
2 Tablespoons butter
Salt & Pepper to taste
Freshly grated Parmesan Cheese, to pass

Sauté onion and garlic in the olive oil, in a heavy Dutch oven over medium heat, for about 5 minutes, or until onion is translucent. Add the rice and stir over a medium heat for about one minute, to coat the rice in the oil. Stir. Have a pot of hot (not boiling) stock ready nearby. Add hot stock to the rice, about ½ cup at a time, stirring constantly over a medium to low heat. Continue stirring and ladling-in more stock as the rice absorbs the liquid and the rice is cooked throughout but is not soft. This will take about 25 minutes. When finished cooking, a small amount of liquid should be present, so the consistency is "creamy", but not "soupy". Add the peas; stir to cook for one minute. Finish dish by stirring in the butter. Add salt and pepper, to taste. Serve on plates or pasta dishes, garnish with the Parmesan Cheese.

Serves 4.