

# VEGETABLE RISOTTO PAIRED WITH MORNING FOG

Note: in the cookbook, the recipe calls for truffle oil but we removed that ingredient to make it more approachable for current grocery items. If you have some on hand, feel free to add one tablespoon with the Parmesan cheese at the end!

## Ingredients:

4 cups chicken stock

1 tablespoon olive oil

1 tablespoon minced shallots

1/4 cup finely diced squash

1/4 cup diced zucchini

1/2 cup corn kernels (1 ear)

1/4 cup chopped spring onion (white and green parts)

1 cup Carnoroli or Arborio rice

Kosher salt

1 teaspoon minced garlic

1 cup grated Parmesan cheese

1 teaspoon minced fresh tarragon

2 teaspoons freshly squeezed lemon juice

Freshly ground black pepper

## Cooking the risotto:

Bring the stock to a boil in a saucepan over high heat. Decrease the heat to maintain a simmer. Heat a thick-bottomed pot over medium heat and add olive oil. When the oil is hot, add the shallots, squash, zucchini, corn and spring onion and cook until translucent-- about 5 minutes. Remove the vegetables from the pot and set aside. Add the rice to this pan. Cook, stirring often, until the rice is coated with the oil and starts to change color, but is not browning. The rice should start sticking to the bottom of the pot and make a squealing sound. Season with a little salt.

Using a ladle, add enough hot stock to over the rice by about 1/2 inch. Decrease the heat to medium-low and cook, stirring often with a wooden spoon, until most of the stock is absorbed, 5 to 10 minutes. Continue to add stock in 3/4 cup amounts, stirring each addition until the liquid is barely simmering. Be careful not to let the rice get too dry. Taste as you go to ensure that the rice is cooked to your liking; we prefer a risotto with a little crunch, but still cooked through. You need to add enough stock in the final phases of cooking so that a nice, medium-thick sauce forms. The total cooking time will be about 30-35 minutes. Add the garlic and cooked vegetables when the last addition of liquid is almost absorbed, and mix thoroughly.

When the rice is cooked and the vegetables are warmed through stir in the cheese, tarragon, and lemon juice. Taste and adjust the seasoning with salt and pepper if necessary. Add one final ladleful of stock, cover, and let sit for a few minutes. Divide among 4 bowls and serve immediately. Cheers!