

Risotto with Parmesan Cheese
Risotto all Parmigiana
"The Classic Italian Cook Book," by Marcella Hazan
Knopf Edition Published February 27, 1976
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Cooking directions adapted by Donna Walsifer to include
Ms. Hazan's "Basic Risotto Technique"

Servings: 4

Ingredients

5 cups homemade meat broth or 1 cup canned chicken broth mixed with 4 cups water
2 tablespoons finely chopped shallots or yellow onion
3 tablespoons butter
2 tablespoons vegetable oil
1-1/2 cup raw Italian Arborio rice
1/2 heaping cup freshly grated Parmesan cheese
Salt, if necessary

Preparation

1. Bring the broth to a slow, steady simmer.
2. Put the shallots in a heavy-bottomed casserole with 2 tablespoons of the butter and all the oil and sauté over medium-high heat until translucent, but not browned.
3. Add the rice and stir until it's well coated. Sauté lightly, then add 1/2 cup of the simmering broth. Proceed according to the basic directions for making risotto (see below), adding 1/2 cup of simmering broth as the rice dries out, and stirring it very frequently to prevent it from sticking. (If you run out of broth, continue with water.)
4. When you estimate that the rice is about 5 minutes away from being done, add all the grated cheese and the remaining tablespoon of butter. Mix well. Taste and correct for salt. Remember, when the cooking nears the end, not to add too much broth at one time. The risotto should be creamy, but not runny. Serve immediately, with additional grated cheese, if desired, on the side.

"The Basic Risotto Technique"

Add 1/2 cup of simmering broth and stir while cooking, until the rice absorbs the liquid and wipes the sides of the pot as you stir. When the rice dries out, add another 1/2 cup of simmering broth and continue to stir-cook. You must be steadfast and tireless in your stirring, always loosening the rice from the entire bottom surface of the pot; otherwise, it will stick. Add liquid as the rice dries out, but don't drown the rice. Remember, *risotto* is not boiled rice.

Correct heat is very important in making risotto. It should be very lively, but if the liquid evaporates too quickly, the rice cannot cook evenly. It will be soft outside and chalky inside. If the heat is too slow, the rice becomes gluey, which is even worse. Regulate the heat so that, if you using are Italian rice, it will cook in about 30 minutes' time. The *risotto* is done when the rice is tender but *al dente*, firm to the bite. You must be able to judge when the

rice is close to doneness, so that as it finishes cooking you won't swamp it with excess liquid. Until you acquire experience with *risotto*, it is safer, after 20 minutes' cooking, to reduce the dose of broth to 1/4 cup at a time, at frequent intervals. When cooked, the rice should be creamily bound together, neither dry nor runny.