



Rating:



Chargrilled Chicken Risotto

Adapted from "Risotto" 2006

Cooking risotto is very simple; it just demands attention! The taste is worth every minute...

*4 boneless, skinless chicken breasts
salt, pepper, garlic powder, to taste
2 Tbsp light olive oil
4 cup chicken stock or low-sodium broth
3 Tbsp butter
1 small yellow onion, finely chopped*

*1½ cup Arborio rice
⅔ cup White Merlot wine
¾ cup freshly grated Parmigiano-
Reggiano cheese
chopped curly-leaf parsley, for garnish*

Prepare the grill for medium-high heat on one side, medium heat on the other. Wash and season the chicken. When grill is ready, place chicken on grill and watch like a hawk. (No, it's a chicken.) Move meat as necessary to avoid burning it up, but be sure it gets some nice grill marks and gets cooked through. Remove from heat to cutting board; cut into nice slices. Place on a warming platter.

Meanwhile, start the risotto. Place the chicken stock in a saucepan over medium-high heat and bring to a simmer; reduce heat. In a large, deep skillet, sauté the onion over medium heat in olive oil and 2 Tbsp butter. When onion is translucent, add rice; stir well to coat and sauté for a minute or two. Add the wine and stir. When liquid is mostly absorbed, begin adding stock, a ladle at a time, with stirring. As each portion of liquid is absorbed, add another. (Did I mention you should be stirring?) You'll also need to manage the heat (usually lower) to avoid scorching. Once all liquid is in, turn heat down to low and stir until creamy and rice is *al dente*, about 12 more minutes. Remove rice from heat and stir in the Parmigiano-Reggiano. Finish with the last of the butter. Stir!

Plating: Put rice in center of shallow bowl; add chicken slices, garnish and eat!

Yield: Four servings
Preparation time: 10 minutes
Cooking time: 25 minutes

