

A recipe from

DAD'S COOKBOOK



Rating:



Sausage 'n' Peppers Risotto

We've always liked stir-fried sausage and bell peppers together, with onions. Even Jessica! Adding a risotto base is easy, and makes the dish even better...

*8 sausages (we like Hatch chile ones)
3 bell peppers, different colors, seeded,
quartered
1 onion, thickly sliced
4 Tbsp light olive oil
4 cup beef stock or low-sodium broth
3 Tbsp butter
1 small onion, finely chopped*

*1½ cup Arborio rice
⅔ cup red wine, like Beaujolais
¾ cup freshly grated Parmigiano-
Reggiano cheese
salt and pepper, to taste
chopped parsley and rosemary sprigs,
for garnish*

Clean, then heat grill for medium-high on one side, medium on the other. Spray grate with non-stick spray. Coat pepper pieces and onion slices in 3 Tbsp olive oil.

Bring stock to a low simmer on a back burner of the stove. Place a large, deep, heavy-bottom skillet over medium heat and add remaining oil and 2 Tbsp of butter. Sauté chopped onion until just translucent, then add rice and stir to coat. Cook rice for 2-3 minutes, continually stirring. Add wine and stir until reduced, about 2 minutes. Add broth, one ladle at a time, with continual, gentle stirring. Add each broth portion as the previous is absorbed. When all liquid is added, turn heat down to where rice just bubbles; cover and cook 15 minutes, with occasional stirring. Remove from heat and stir in cheese until it melts.

Meanwhile, start the grilling. Place sausages (high heat side) and veggies pieces on grate. Grill, turning often, until nice grill marks appear. Remove to plate.

To serve: Place a generous serving of risotto in a festive, low bowl. Cut sausages in half and place a couple sausages on each serving of risotto. Add pepper pieces and garnish as desired. Believe me, they'll clean their plates!

Yield: Four servings

Preparation time: 15 minutes

Cooking time: 25 minutes

