

♥ Hearty Valentine 2020



Chef: Diana Beschta from Roadside Cucina and Cannery, Manitowoc.

These low-fat risotto recipes use olive oil instead of butter and when you use a high quality flavorful cheese (you can use less) adding gremolata (aromatics, herbs, and vegetables) to boost the taste, allowing you to use less salt or no salt. Risotto is gluten-free and vegetarian if you use vegetable/gluten free broth.

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| <p>Mushroom Risotto:</p> <p>This a great earthy comfort-food dish as we finish up this cold season trying to eat Heart Healthy. Mushroom risotto goes great with wild game!!!</p> <ul style="list-style-type: none"> ● 6 cups fat-free chicken broth (or vegetable broth) ● 1 Tablespoon sage mushroom olive oil ● 1 medium onion (finely chopped) ● 3 cloves garlic (minced) ● 2 cups brown rice ● 1 teaspoon mixed dried herbs ● 6 ounces cremini mushrooms (sliced) ● 6 ounces shiitake mushrooms (sliced) ● 1 cup dry white wine (room-temperature) ● 2 cups fresh baby spinach ● Finish: ¼ cup gruyere or parmesan cheese ● Garnish: gremolata | <p>Mushroom Risotto Directions:</p> <ol style="list-style-type: none"> 1. Pour broth into a 2-quart saucepan and heat over medium heat until simmering, but not boiling. Keep warm. 2. Heat oil in a large skillet over medium heat. Sauté onions and garlic until softened and fragrant, 3 to 5 minutes, making sure the garlic doesn't brown. 3. Add rice and sauté for 1 minute, stirring to prevent sticking. 4. Sprinkle with dried herbs and add mushrooms; sauté until they release their juices, 5 to 8 minutes. 5. Add white wine and stir. Once the wine has been mostly absorbed, add the hot broth, 1 cup at a time, stirring and waiting until each cup of broth has been absorbed before adding the next. 6. Add the spinach before adding the last 1 1/2 cups of broth. 7. Add the remaining broth and stir until absorbed 8. Stir in cheese. 9. Sprinkle with parsley before serving. |
| <p>Roasted Squash Risotto with Blue Cheese Yield: Makes 4 servings</p> <ul style="list-style-type: none"> ● 7 cups (or more) low-salt chicken broth ● 3 tablespoons herb olive oil ● 1 1/4 cups finely chopped onion ● 1 2-pound butternut squash, peeled, halved, seeded, cut into 1/2- to 3/4-inch dice (about 3 cups) ● 2 teaspoons chopped fresh rosemary, divided ● 2 cups arborio rice (about 13 1/2 ounces) ● 1/2 cup dry white wine ● 4 cups (packed) baby spinach leaves (about 4 ounces) ● 1/2 cup whipping cream ● 1/2 cup freshly grated Parmesan cheese ● 1/3 cup crumbled blue cheese (about 1 1/2 ounces) | <p>Roasted Squash Risotto with Blue Cheese</p> <ol style="list-style-type: none"> 1. Bring 7 cups of broth to boil in a large saucepan. Cover and reduce heat to low. 2. Place olive oil in a heavy large pot over medium heat. Add onion and sauté until tender, about 5 minutes. Add squash and 1 1/2 teaspoons rosemary; sauté 4 minutes. Add rice and stir for 2 minutes. Add wine and simmer until evaporated, about 1 minute. Add 7 cups of hot broth; bring to boil. Reduce heat and simmer uncovered until rice is just tender and risotto is creamy and slightly soupy, adding more broth by 1/4 cup full's as needed to maintain consistency and stirring occasionally, about 18 minutes. Stir in spinach, cream, and Parmesan cheese. Season to taste with salt and pepper. 3. Sprinkle with blue cheese and remaining 1/2 teaspoon rosemary and serve |

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| <p>Mother's Risotto:</p> <p>In a pot heat: 6 cups chicken broth 1 cup tomato sauce</p> <p>Sauté:</p> <ul style="list-style-type: none"> • 3 Tablespoons garlic olive oil • 1 small onion, finely minced • 1 tsp. Italian seasonings • Salt and pepper to taste <p>Stir the above sauté into the broth:</p> <p>Add 3 cups of rice, bring to a boil and turn to simmer, stir occasionally until all moisture is absorbed. Finish with ½ cup asiago cheese.</p> <p>Serve with roasted chicken or cut up leftover chicken and stir into rice.</p> <p>This was placed in a crock pot and cooked on high for.....hours.</p> | <p>Gremolata:</p> <p>Gremolata, a zesty Italian herb sauce that brightens and enlivens fish, chicken, pasta, risotto, soups and stews. Adding olive oil allows this to keep for 7-10 days in the fridge.</p> <p>Ingredients:</p> <ul style="list-style-type: none"> • 1 cup finely chopped packed Italian parsley • Zest of one small lemon approx. 2 tsp. And 2 tsp. Lemon juice • 2 cloves garlic • Pepper to taste • ½ cup olive oil • Pepper flakes, optional <p>Instructions:</p> <p>Place parsley, garlic and lemon zest and juice in a food processor and pulse until chopped. Add pepper to taste. Use immediately or Stir in olive oil and store for 7 to 10 days in the refrigerator.</p> |
| <p>Notes:</p> | <p>Notes:</p> |

Thank you for coming! Join us next time for more exciting ways to use olive oil and balsamic vinegar in everyday cooking!*

The Hearty Olive | 921 S. 8th St. | Manitowoc, WI 54220

(920) 663-1360 | www.theheartyolive.com



**Space is limited and classes fill on a first come, first served basis. To offer you the best experience possible, the Hearty Olive does charge a minimal \$10.00 fee to help purchase ingredients, create new recipes and pay our instructors.*