



Lemon Risotto

1/4 cup extra virgin olive oil
1 shallot, diced
2 cloves garlic, thinly sliced
1.5 cups Arborio rice
1 litre+ warm chicken stock
3 tbsp Parmigiano-Reggiano, grated
2 tbsp butter, cubed
1 lemon - juice and zest
couple sprigs fresh thyme
pinch of salt and fresh ground pepper

Directions:

In a saucepan, warm the broth over low heat. In a skillet, add 1 tablespoon olive oil, and stir in the shallots and garlic. Cook 1-2 minutes. Add rice, stirring to coat with oil, about 2 minutes. When the rice has taken on a pale, golden color, pour in warm chicken stock, one ladle at a time, stirring constantly until the stock is fully absorbed. Continue adding broth 1/2 cup at a time, stirring continuously, until the liquid is absorbed and the rice is al dente, about 15 to 20 minutes. Add the Parmigiano-Reggiano and butter and stir quickly for 2-3 minutes to release starches. Finish by adding lemon juice and zest, salt, pepper and fresh thyme.

Serve in shallow plate (not a bowl) and top with grilled meat or vegetables.

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