

Seafood Risotto

Ingredients:

olive oil for sauteing

1 cup chopped onions

Sea Salt

Freshly ground white pepper

Freshly ground black pepper

6 cups seafood stock

1 teaspoon chopped garlic

1 pound (2 cups) Arborio rice

2 pounds assorted shellfish and seafood (calamari, cod or pollock, manilla clams, Penn Cove mussels, salmon, spot prawns etc..) Costco actually sells a frozen medley bag of seafood to cut costs of fresh seafood

1 tablespoon butter

1/4 cup heavy cream

1/2 cup freshly grated Parmigiano-Reggiano

3 tablespoons chopped green onions, green part only 2 tablespoons finely chopped fresh parsley leaves



Directions:

1. In a large saute pan, over medium heat, heat the oil. Add the onions. Season with salt and pepper, and cook, stirring. Saute until the onions are slightly soft, about 3 minutes. Add the stock and garlic. Bring the mixture to a boil, reduce the heat to medium, and simmer for about 6 minutes. Add the rice and simmer for 12 minutes, stirring constantly.

2. Clean, trim and dice the shellfish and seafood. Season the seafood with salt and pepper. Add to a medium size saute pan over medium-high heat and saute for 4-6 minutes or until fish is flaky, if adding calamari add within the last 2 minutes. Stir in the butter, cream, cheese, and green onions. Simmer for 2 minutes, stirring constantly. Remove from the heat. Spoon the risotto in the center of each shallow bowl, and then add seafood. Garnish with parsley and a lemon wedge.

Yield: 4 Servings