



Mangia Bene E Vivi Bene!

By FRANK ZEOLI



Risotto With Broccoli Rabe



Creamy, comforting, and full of authentic Italian flavor, this Broccoli Rabe Risotto combines the earthy, slightly bitter notes of fresh broccoli rabe with the rich, nutty taste of aged Pecorino Romano cheese. Slowly cooked Arborio rice is stirred with warm broth until perfectly creamy, then finished with sautéed garlic, tender broccoli rabe, butter, and a generous helping of freshly grated Pecorino Romano.



INSTRUCTIONS

1. Bring a large pot of salted water to a boil, then add the broccoli rabe for 2 minutes. Remove immediately and set aside. Wrap in a paper towel and wring out as much water as possible. Place it in a food processor along with the parsley. Puree until smooth.
2. Pour the stock into a small pot and bring it to a boil. Reduce the heat and simmer. In a medium, wide-bottomed, high-sided pan, melt the butter, add the olive oil, and sauté the shallot for a couple of minutes, or until translucent. Stir in the rice, coating each grain until butter slicked. Sauté for 2 minutes until brown; do not burn the rice.
3. Add the wine and reduce, stirring constantly. Once the alcohol has evaporated, lower the heat and ladle in the hot stock (one or two ladles at a time), stirring between additions until fully absorbed by the rice. Keep stirring until the rice is perfectly al dente (to the tooth), about 18 to 20 minutes.
4. When cooked to your liking, stir in the broccoli rabe puree and grated Pecorino Romano cheese, which should loosen the risotto up a bit. Season to taste with salt and pepper.

PREP TIME: 10 MINUTES | COOK TIME: 30 MINUTES

INGREDIENTS

- ½ pound broccoli rabe
- ½ cup flat-leaf parsley
- 4 to 5 ½ cups chicken broth (you can use bouillon)
- 1 cup Arborio rice
- 2 tablespoons unsalted butter
- 1 tablespoon olive oil
- 1 shallot (minced)
- ½ cup white wine
- ½ cup grated Pecorino Romano cheese



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