

ROASTED RED PEPPER RISOTTO, WITH SAUTÉED PEPPER STRIPS, ZUCCHINI AND SHRIMP

INGREDIENTS

for the risotto

8 cups low sodium chicken broth
3 tablespoons olive oil
1/2 medium onion, very finely diced
2 red bell peppers, very finely diced
1 3/4 cup arborio rice
3/4 cups dry white Wine
Salt and pepper to taste
1/2 cup grated parmesan
1/2 teaspoon turmeric (optional)

for the sautéed veggies and shrimp

3 tablespoons olive oil
2 cloves of garlic, minced
1 red bell pepper, sliced in strips about 1 1/2 inches long
1 yellow bell pepper, sliced in strips about 1 1/2 inches long
2 small zucchini. sliced in strips about 1 1/2 inches long
6 41/50 count shrimp per person
Salt and pepper to taste

DIRECTIONS

Bring broth to a simmer in a medium pan. In a large skillet or dutch oven, heat olive oil over medium to medium-low heat. Add diced onions and cook until translucent, about 1 to 2 minutes. Add red peppers and cook for 8 to 10 minutes.

Add uncooked rice and stir for a minute or two, allowing it to be coated with the other ingredients.

Pour in wine and cook for a minute or two.

Now, start adding broth a cup to a cup and a half at a time, stirring gently and allowing each addition to absorb into the rice. Repeat for 25 to 30 minutes, or until rice is al dente. (You might not need to use all the broth.) At the end, stir in a little more liquid and turn off heat. Stir in turmeric if desired. Add parmesan and stir.

During the last few minutes of the risotto cook time, in another sauté pan over medium heat, heat 1 tablespoon of olive oil until shimmering. Sauté bell pepper strip for 4-5 minutes. Set aside in a bowl and keep warm. Repeat process with zucchini. Finally, heat last tablespoon of olive oil and briefly sauté the garlic until fragrant. Add shrimp, being very careful not to overcook (2-3 minutes maximum). Combine peppers, zucchini and shrimp in a bowl. Serve with / on top of risotto; serve immediately!