



MUSHROOM RISOTTO *(serves 4-6 as an entrée)*

Recipe by KATHRYN JOEL

*2 cups risotto rice, we prefer Carnaroli or Violone Nano, or you can use Arborio
7+ cups stock, chicken or vegetable
50 g butter*, unsalted
2-3 tbsp olive oil
2 large shallots, finely chopped
4 cups mushrooms, a mixture of wild and cultivated such as cremini, oyster, portabello,
chanterelle
Optional: Handful dried mushrooms (porcini, lobster etc.) rehydrated in hot water
45 ml brandy or use white wine
handful thyme sprigs, leaves picked
Zest and juice of one lemon, or to taste
90 ml whipping cream*
1 glass white wine
Kosher or sea salt, and freshly ground black pepper*

To Finish:

100g parmesan cheese, grated, or to taste
50g unsalted butter*, diced and chilled*
Handful fresh herbs, parsley, chives or basil
salt and black pepper*

****NOTE: For a Vegan version, use olive oil instead of butter to start your risotto, and cook the mushrooms. Omit the cream in the mushrooms, and the parmesan and butter to finish. You can add some nutritional yeast to add an umami punch that the parmesan would otherwise provide.***

- Place the (optional) dried porcini or lobster mushrooms in a bowl, and cover with hot water from your kettle. Allow to rehydrate for about 20 minutes, then strain, retaining the soaking liquid. Coarsely chop the rehydrated mushrooms.
- Using a brush and some dampened paper towel, clean and slice or tear the mushrooms, keeping each variety separate.

- In a sauté pan, heat some olive oil, then cook the mushrooms without overcrowding and in batches, seasoning with salt and pepper, until golden and cooked.
- Once all of the mushrooms are seared, combine them in the pan and add the fresh thyme and the (optional) chopped dried mushrooms.
- Now turn up the heat, and deglaze with a little brandy (or use white wine), then reduce.
- Add the cream and reduce until syrupy. Adjust seasoning to taste with salt, pepper and lemon juice. Set aside.
- Meanwhile, place the stock in a pan, adding the dried mushroom soaking liquid (if applicable) and bring to a gentle simmer.
- In a risotto pan, or a saucepan, add some olive oil and the first 50g of butter, and add the chopped shallots seasoning with salt. Sweat gently until softened, just a couple of minutes.
- Now turn up the heat and add the rice, stirring for a minute or two until the rice is hot to the touch.
- Next add the wine, and stir until it is absorbed into the rice.
- Now begin to add the hot stock, 1 ladle at a time, stirring constantly and briskly until the stock is completely absorbed into the rice before adding the next ladle of stock. Add a pinch of salt with each addition of stock.
- Continue adding stock and stirring constantly, keeping the risotto at simmering point, for 18-20 minutes until the rice is creamy and just *al dente*. Your finished risotto should have some movement to it, it shouldn't be too thick.
- A minute or two before the risotto is ready, stir in the cooked mushrooms, to heat through.
- Finally reduce the heat and stir in the cold diced butter, a few pieces at a time, then finish with the parmesan to taste, and the lemon zest. Adjust seasoning to taste. Cover and remove from the heat.
- Rest for a couple of minutes then stir in any fresh herbs before serving.

WINTER SQUASH RISOTTO *(serves 4-6 as an entree)*

Recipe by KATHRYN JOEL

2 cups risotto rice, we prefer Carnaroli or Vialone Nano

8 cups stock, chicken or vegetable, or as needed

1 glass of white wine

2-3 tbsp olive oil

2 shallots, finely diced

150g pancetta, diced (optional)

1 1/2 cups winter squash, peeled seeded and diced into 1/4" dice, we prefer kabocha (buttercup), hubbard or butternut varieties

100g parmesan cheese, grated, or to taste*

*50g unsalted butter, diced and chilled**

Small handful sage leaves, chopped

- Place the stock in a pan and bring to a gentle simmer.
- Add the pancetta (if using) to a heavy unheated pan then bring to a medium-low heat allowing the fat to render off before increasing the heat to medium and cooking the pancetta until golden brown.
- Add olive to the pan as needed, then add the shallots and cook until translucent, seasoning with salt.
- Now turn up the heat to medium-high and add the rice, squash and sage. Stir until well coated in oil and pancetta fat, about 1-2 minutes.
- Add the wine, and stir until absorbed.
- Begin to add the hot stock, 1 ladle at a time, stirring briskly until completely absorbed before adding more stock.
- Continue adding stock and stirring briskly and constantly, keeping the risotto at a simmering point, for 18-20 minutes until the rice is creamy and just al dente. Season from time to time with salt.
- Once the rice is al dente, stir in the parmesan and cold diced butter and season to taste with salt and pepper. Your risotto should be loose and creamy, and not too thick. Cover and remove from the heat.
- Rest for a couple of minutes then serve in warm bowls, garnished with chopped parsley.

ARANCINI WITH ARRABIATA SAUCE

Recipe by KATHRYN JOEL

Leftover Risotto, (it should be cold or at room temperature)

Canola oil, for deep frying

Options for Fillings:

Fresh Mozzarella combined with any of the following:*

- *Pancetta, diced and sautéed*
- *Prosciutto, diced*
- *truffle oil*
- *fresh herbs, picked and chopped*
- *lemon zest*
- *sundried tomatoes, chopped*
- *leeks, sweated in butter*
- *black olives, chopped*
- *cherry tomatoes, chopped*
- *anchovies, chopped*

** You can also fill your arancini with leftover ragu, or braised and pulled beef or pork.*

For Breading:

All purpose flour

eggs, beaten

fine dried breadcrumbs (we use panko)

- Combine the filling ingredients to your taste.
- To form the arancini, scoop a portion of the cooled risotto (we usually use a heaped tablespoon full) into your hand. Make an indentation in the center for the filling then spoon a small amount of the filling mixture into the indentation and wrap the risotto around it to seal completely. Roll in your hands to form a smooth sealed risotto ball.
- Repeat with the remaining risotto and filling.
- For breading, place the flour, egg and breadcrumbs in separate shallow dishes. Carefully dip each arancini ball in the flour, shaking off any excess, then the egg, and finally the crumbs, ensuring the rice is completely coated. Set aside.
- Heat oil for deep frying to 365 F.
- Deep fry the arancini in batches, until crisp and golden.
- Drain on some paper towel, immediately dusting with a little salt.
- Serve with Arrabiata Sauce, garnished with basil leaves or microgreens.

Arrabiata Sauce

1 clove of garlic, peeled and sliced

1 fresh red chilli, sliced in half

1 small bunch of fresh basil, leaves picked (to serve), stalks chopped

1 400g roma tomatoes, we like to use San Marzano, available at the Italian Centre in Edmonton and Calgary

extra virgin olive oil

- In a pan, heat some olive oil over a medium-high heat, then add the garlic, chili and basil stems and cook for a minute or so, just until fragrant.
- Add the tomatoes, seasoning with salt. Bring up to a simmer, then cook for about 20 minutes at a gentle simmer. We like to use a potato masher to break up the tomatoes – alternatively smash them with your spoon.
- To finish, transfer the sauce to a blender and blitz until smooth. Adjust seasoning to taste.

Saffron Risotto for Arancini

500 ml / 2 cups risotto rice (carnaroli or vialone nano)

30 g butter

olive oil

2-3 shallots, peeled and finely chopped

2 litres hot vegetable or chicken stock

1 large pinch of saffron

175 ml dry Italian white wine

70 g parmesan, finely grated

lemon zest

- Heat a large pan over a low heat and add the butter and olive oil. Once melted, add the chopped shallots and sweat until soft but not coloured. Turn the heat up to medium and add rice, stirring for a few minutes, to ensure every grain is coated.
- Pour in the wine and stir until absorbed.
- Add a generous pinch of saffron.
- Start ladling in the stock one ladle at a time, allowing each ladleful to become absorbed before adding the next. Continue until the rice is al dente, about 20 minutes.
- Stir in the grated parmesan, then spread on a parchment lined tray to cool.

VEGETABLE STOCK

2 carrots, peeled and roughly chopped
2 sticks celery, roughly chopped
1 leek, roughly chopped
1 large onion, roughly chopped
1 fennel bulb, roughly chopped
Handful mushrooms or mushroom trimmings (optional)
handful of parsley stalks
sprig of thyme
8-10 black peppercorns
10 cups cold water
3 bay leaves

- Combine all of the ingredients in a large stockpot and cover with water by at least 2”.
- Bring to a boil, then turn down to a gentle simmer.
- Skim but don't stir.
- Simmer for about 40 minutes to 1 1/2 hours, depending on the intensity of flavour of the vegetables. Do not let it become bitter.
- Strain and refrigerate.

EQUIPMENT

A large pot
 A knife and cutting board
 A strainer
 Container(s) for storing the stock in

CHICKEN STOCK

4 raw chicken carcasses (use necks and backs, wings etc)
2 carrots, peeled and roughly chopped into 2 inch pieces

2 sticks celery, roughly chopped into 2 inch pieces
1 leek, roughly chopped into 2 inch pieces
1 onion, quartered
handful of parsley stalks
handful of fresh thyme sprigs
8-10 black peppercorns
1 bay leaf

- Remove the skin and the tail (the pope's nose) from the chicken carcasses.
- Place the bones in a stock pot or other large pot and cover with water by 2".
- Bring to the boil, then pour off the boiling water to remove all of the impurities.
- Add the vegetables, herbs and spices and fresh water to cover by several inches.
- Bring up to a very gently simmer – your stock should be barely bubbling.
- Simmer for 4-6 hours or overnight, then strain and refrigerate.
- The next day lift the congealed fat off the surface of the stock.
- Stock will keep in your fridge for about a week, or freeze it in containers.

* You can reduce your stock to a concentrate for freezing. To use, rehydrate with water to its original volume.

EQUIPMENT

A stock pot or other large pot

A knife and cutting board

A strainer

Container(s) for storing the stock