

Sicilian risotto with langoustines and lemon

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Ingredients

6-8 large langoustines, blanched in boiling water, shelled and sliced
2 tablespoons olive oil
200g unsalted butter, chilled
2 shallots or 1 small onion, finely chopped
300g Italian risotto rice, (Vialone Nano, Carnaroli or Arborio)
100ml dry white wine
1 litre chicken stock, simmering
100g freshly grated Parmigiano Reggiano
1 unwaxed lemon



Prep Time: 10 mins

Cooking Time: 25 - 30 mins

Serves: 4

Method

1. Warm the olive oil and a blob of butter in a thick bottomed, wide saucepan. Add the shallot or onion and sauté gently until it is soft and translucent, creating a 'soffritto' or base of the risotto.
2. Turn up the heat and add the rice, turning it in the onion for a few minutes, almost toasting it.
3. Add the wine and allow it to sizzle in the rice, stirring until the alcohol evaporates and the liquid is absorbed.
4. Add a ladleful of the simmering hot stock to the rice and stir it in with a wooden spoon.
5. Lower the heat to medium and continue to add the stock, a ladleful at a time, stirring as you go. This breaks down the starchy outer layer of the grain. Let all the liquid become absorbed before you add the next spoonful.
6. Continue adding the liquid and stirring so that the outside starch is released from the rice, adding more stock only when the liquid is all absorbed.
7. The risotto takes about 20-25 minutes to cook depending on the type of rice. The rice is cooked when the middle is no longer chalky but the grain still has a bite. *Remember the rice still cooks and absorbs liquid as it goes to the table.* Take the pot off the heat and beat in the rest of the chilled butter and the grated Parmigiano with the wooden spoon.
8. Add the slices of langoustine and finally some shavings of lemon rind.
9. Check seasoning.
10. Put the lid on a leave the rice to settle for a few minutes. When you remove the lid the rice should have settled into a creamy consistency, perfect to eat right away.