

Shrimp Risotto

This dish combines the creaminess of Arborio rice with fresh locally caught shrimp in Charleston.



Ingredients:

- 5 tsp. low sodium Better-than-Bullion chicken concentrate
- 5 cups hot tap water
- 3/4 cup dry white wine (divided)
- 6 Tbsp. unsalted butter (divided)
- 2 cloves garlic (2 tsp. minced) (divided)
- 1/4 tsp. dried crushed red pepper
- 1/2 lb. uncooked large shrimp
- 1 medium onion (3/4 cup chopped)
- 1 1/2 cups Arborio rice
- 3 Tbsp. chopped fresh parsley

Equipment

- 1 large sauce pan
- Skillet
- 1 heavy large sauce pan

Shrimp Risotto:

☑	Directions	Time (min)
	In a large sauce pan, combine 5 cups hot tap water with 5 tsp. chicken broth concentrate	2
	Peel and devein 1/2 lb. shrimp	5
	Mince 2 cloves of garlic (2 tsp.)	1
	Finely chop medium onion (3/4 cup)	2
	Chop parsley (3 Tbsp.)	2
	Add 1/4 cup wine to broth and bring to a simmer. Reduce heat and keep hot.	2
	In a skillet, on medium heat, melt 2 Tbsp. butter	1
	To the butter, add 1 tsp. garlic, 1/4 tsp. red pepper, and shrimp. Sauté until shrimp are just cooked through.	2
	Drain shrimp reserving liquid	1
	In a heavy, large sauce pan, melt 4 Tbsp. butter over medium heat	2
	To the butter in the heavy pan, add onion, 1 tsp. garlic	1
	Sauté onion until golden pale	4
	Add rice and stir to coat and heat	2
	Add 2 cups broth. Simmer until broth is absorbed, stirring frequently.	5
	Add broth 1 cup at a time, stirring until absorbed. Repeat until all the broth is absorbed	20
	Stir in reserved shrimp cooking liquid	1
	Cook until rice is tender and creamy. Remove from heat	5
	Stir shrimp and 2 Tbsp. parsley into the risotto.	1
	Season to taste with salt and pepper	1
	Garnish with remaining parsley. Serve and eat.	1
	Total	1 hr.