

Orzo Risotto with Shrimp & Roasted Broccolini

Carolyn T's
Internet
Cookbook

Servings: 4



ORZO:

12 ounces orzo, about 1 3/4 cups

1 teaspoon salt

1 tablespoon olive oil

BROCCOLINI:

1 pound broccolini, trimmed

2 tablespoons olive oil

salt and pepper to taste

SHRIMP:

1 pound shrimp, extra large size, if possible, peeled

6 tablespoons unsalted butter

1 cup chicken broth

2 tablespoons heavy cream

1 teaspoon fresh thyme, minced

1/2 cup Parmegiano-Reggiano Cheese, grated

And some additional cheese to sprinkle on top

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

Per Serving (excluding unknown items): 733 Calories; 34g Fat (41.9% calories from fat); 37g Protein; 69g Carbohydrate; 4g Dietary Fiber; 229mg Cholesterol; 923mg Sodium. Exchanges: 4 1/2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 6 1/2 Fat.
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1. ORZO: Bring a large pot of water to a boil. Add the salt and stir in orzo. Cook until orzo is barely tender (just slightly under-done), about 8 minutes. Drain, reserving 1/4 cup of the cooking liquid. Toss with a tablespoon of olive oil and set aside. Can be made ahead an hour or two.
2. BROCCOLINI: Preheat oven to 400. Trim stem ends of broccolini and discard. Toss with olive oil, season with salt and pepper. Arrange on a parchment-lined baking sheet and roast for 20 minutes (if broccolini is particularly small, they may be done in 15), or until tender, browned, but still bright green.
3. Melt butter in a medium-large saute pan over medium heat, cooking until butter browns, but do not burn! Add the shrimp (patted dry with paper towels) and saute over low heat until just cooked through. Remove shrimp with a slotted spoon and set aside.
4. Add the drained orzo to the same pan, tossing and stirring it in the browned butter. Add the reserved cooking liquid, chicken broth and heavy cream; stir in the fresh thyme. Cook and stir over medium heat until the orzo is creamy and tender. Stir in Parmesan cheese and season with salt and pepper to taste.
5. SERVE: Arrange 3 broccolini spears on each plate with stems toward the middle of the plate. Spoon the hot orzo over the stems. Top each with 3 or more shrimp, sprinkle a bit more Parmesan cheese on top and serve immediately.