Risotto with Avocado Tomato Salsa and Citrus Grilled Shrimp

Phillis Carey, cooking class, 5/2012



SHRIMP:

1 pound large shrimp, cleaned, raw, tails left on

1/4 cup olive oil

2 cloves garlic, minced

2 tablespoons fresh lemon juice

2 tablespoons fresh lime juice

1 teaspoon lime zest

1 tablespoon cilantro, minced

AVOCADO SALSA:

1 1/2 whole avocados

1 1/2 tablespoons fresh lime juice, or more to taste

3 small plum tomatoes, seeded, diced

2 whole green onions, finely chopped

RISOTTO:

5 cups chicken broth

2 tablespoons olive oil

1 cup onion, finely chopped

1 1/2 cups Arborio rice

1/2 cup dry white wine, [I use vermouth]

2/3 cup Parmigiano-Reggiano cheese, finely grated

1 whole avocado, sliced, then rinsed in cold water

2 tablespoons cilantro, minced

4 sprigs cilantro, for garnish

1 cup fresh corn, [optional]

Salt and white pepper to taste

4 tablespoons Parmigiano-Reggiano cheese, grated, for garnish

Carolyn T's Blog - Tasting Spoons: http://tastingspoons.com

Servings: 5

If you have hearty eaters, this will probably serve just 4 people.

1. SHRIMP: In a plastic zip-loc bag combine the shrimp and marinade. Cover and refrigerate for 30-60 minutes (no longer or the shrimp will begin to "cook" in the acid from the citrus). Soak bamboo skewers in water for at least 30 minutes. Remove shrimp from marinade and thread onto bamboo skewers (use flat ones if you have them, otherwise use two skewers to thread 4 shrimp each). Once you are cooking the risotto, grill the shrimp at the last minute, at medium heat (350) for a total of about 3-4 minutes per side. Don't over cook them!
2. SALSA: Toss avocado with lime juice in a small bowl. Add tomatoes and green onions. Season to taste with salt and pepper.
3. RISOTTO: Place broth in a saucepan and bring to a simmer, keeping it hot while the rice cooks. In a large skillet (use wider rather than taller) heat oil over medium heat. Add onion and cook until tender, about 3 minutes. Do not brown. Add the rice and stir to coat rice evently with the oil and onions. Cook, stirring often, for about 2-3 minutes. Add the white wine and cook, stirring constantly, until absorbed.
4. Continue adding hot broth, one cup at a time, stirring constantly between additions, and only add more broth when rice begins to dry. Continue adding broth and stirring until rice reaches an "al dente" state (still a litle bit of bite to each rice kernel). Gently fold in the Parmigiano-Reggiano cheese, avocado, salsa and cilantro. Add corn (if using) and stir just to warm all the ingredients through.
5. SERVE: Spoon generous cups of risotto into bowls and top with a slice or two of avocado, cilantro sprigs, additional cheese. Nestle the shrimp (tails standing up) into each bowl.

Per Serving (excluding unknown items): 787 Calories; 40g Fat (45.6% calories from fat); 38g Protein; 68g Carbohydrate; 5g Dietary Fiber; 150mg Cholesterol; 1208mg Sodium. Exchanges: 3 1/2 Grain(Starch); 4 Lean Meat; 1 Vegetable; 1/2 Fruit; 6 1/2 Fat.