Risotto with Fresh Mushrooms, Cognac, and Cream

Adapted from Risotto, by Barrett and Wasserman, 1987

Internet Address:



MUSHROOMS:

1 tablespoon unsalted butter

3 cups shiitake mushrooms, stems removed and sliced or coarsely chopped

Salt and freshly ground black pepper

1/2 cup Cognac, or brandy

1/2 cup half and half, or heavy cream

SOFFRITO:

2 tablespoons unsalted butter

1 tablespoon olive oil

1/2 cup shallots, finely minced

1/3 cup grated Parmesan cheese

1 tablespoon Italian parsley, chopped fresh

BROTH:

5 cups broth, half chicken and half beef

RICE:

1 1/2 cups Arborio rice

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

Servings: 7

1. MUSHROOMS: Heat the butter and oil in a skillet over moderate heat. When it starts to foam, add the mushrooms and cook, stirring frequently, for 3 to 5 minutes, until the mushrooms are soft. Add salt and pepper to taste. Turn the heat to high, add the Cognac, and cook until it is reduced by half. Lower the heat, add the cream, and continue cooking until the cream has reduced slightly and thickened (about 5 minutes). Turn off the heat and set aside.
2. BROTH: Bring the broth to a steady simmer in a saucepan on the top of the stove.
3. SOFFRITO: Heat the butter and oil in a heavy 4-quart casserole over moderate heat. Add the shallot and sauté for 1 to 2 minutes, until it begins to soften, being careful not to brown it.
4. RICE: Add the rice to the soffritto; using a wooden spoon, stir for 1 minute, making sure all the grains are well coated. Begin to add the simmering broth, 1/2 cup at a time. Wait until each addition is almost completely absorbed before adding the next 1/2 cup. Stir frequently to prevent sticking.
5. After approximately 18-20 minutes, when the rice is tender but still firm, add the mushrooms, Cognac, cream mixture, Parmesan, and parsley - and stir vigorously to combine with the rice. Cook until the rice still has a hint of chew to the grain. Add water if the mixture gets too firm. Serve immediately. You may add more parsley and Parm on top if you'd like.

Per Serving (excluding unknown items): 590 Calories; 11g Fat (16.2% calories from fat); 15g Protein; 111g Carbohydrate; 12g Dietary Fiber; 23mg Cholesterol; 101mg Sodium. Exchanges: 7 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 2 Fat.