Risotto with Turkey Sausage, Corn, Leeks, Spinach and Tomatoes

From a cooking class with Phillis Carey, 6/2011



If you like risotto, you'll love this version.

6 cups low-sodium chicken broth

3 tablespoons olive oil, divided use

1/2 pound turkey Italian sausage (or use pork Italian sausage, if preferred)

2 cloves garlic, minced

3/4 cup dry white wine, like Sauvignon Blanc (not vermouth), divided use

1 1/2 cups leeks, cleaned, chopped

1 1/2 cups Arborio rice

1 cup fresh corn, trimmed from the cob

6 ounces baby spinach

Salt and freshly ground black pepper to taste

3 tablespoons unsalted butter

1/2 cup Parmigiano-Reggiano cheese, grated (perhaps a bit more, with some sprinkled on top)

3/4 cup plum tomatoes, seeded, diced

2 tablespoons Italian parsley, chopped

2 tablespoons fresh basil, sliced

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

Servings: 5

When Phillis Carey told the class that this is one of the dishes she makes for herself, week, after week, after week, because it's so full of good flavor, I knew I'd like it!

1. Bring broth to a simmer in a medium saucepan over high heat. Lower heat and keep the broth hot.
2. Heat 1 T. oil in a large skillet over medium-high heat. Add the sausage and garlic. Cook, breaking up the sausage into small pieces. Add 1/4 cup wine to the sausage and simmer until the wine evaporates.
3. Heat remaining 2 T. oil in a 5-quart Dutch oven (Phillis suggests Le Crueset is the best pot for making risotto). Add the cleaned and dried leeks and cook for 6-8 minutes until they are softened. Add rice and cook, stirring often, until it turns white, but not brown, aout 2 minutes. Add the remaining 1/2 cup wine and cook, stirring, until almost evaporated.
4. Add a cup of broth to the rice and cook, stirring constantly, lowering heat to just a simmer, until rice absorbs all the broth. Stir in another cup of broth and stir until absorbed. Continue adding broth and stirring until rice is just tender, about 20 more minutes.
5. Stir in the corn and sausage and then add the spinach by handfuls, cooking until wilted; season to taste with salt and pepper. Do not let the rice cook until it's dry - add small amounts of broth (or water if you run out) even up until the end. Stir in the butter and Parmesan and stir until melted. Stir in tomatoes, parsley and basil and serve immediately with additional Parmesan to sprinkle on top, if desired.

Per Serving (excluding unknown items): 555 Calories; 24g Fat (37.3% calories from fat); 31g Protein; 61g Carbohydrate; 3g Dietary Fiber; 51mg Cholesterol; 523mg Sodium. Exchanges: 3 Grain(Starch); 2 Lean Meat; 1 1/2 Vegetable; 3 Fat.