

SHRIMP & PEA SAFFRON-INFUSED RISOTTO

A recipe by **FoodNouveau**

INGREDIENTS

Serves 2

2¼ cups [560 ml]	fish or seafood stock
1 tbsp [15 ml]	extra-virgin olive oil
1 tbsp [15 ml]	butter
2	shallots, chopped finely
1	celery stalk, chopped finely
1	cloves garlic, minced
1/8 tsp [pinch]	saffron threads
¾ cup [80 ml]	arborio or other Italian risotto rice
¼ tsp [1.25 ml]	salt
½ cup [125 ml]	white wine
½ lb [225 g]	peeled and deveined raw shrimp (16/20 count), chopped
½ cup [125 ml]	frozen peas, thawed
1 tbsp [15 ml]	grated lemon peel
1 tbsp [15 ml]	freshly squeezed lemon juice (from about ½ lemon)
	freshly ground pepper to taste
½ cup [125 ml]	pecorino-romano cheese, divided



METHOD

Bring stock to a simmer in a medium saucepan over medium-high heat. Cover and reduce the heat to a minimum, so it remains steaming, but not simmering.

Heat oil in a large, shallow, heavy-bottomed pan over medium-low heat. Add shallots and celery and cook, stirring occasionally, until softened but not browned, about 2 minutes. Add garlic and saffron and cook, stirring, until fragrant, about 30 seconds. Add rice and salt and stir to coat. Cook the rice until it looks translucent (the inner grain will remain opaque), a minute or two.

Stir the wine into the rice. Cook, stirring frequently, until the liquid has been absorbed. Continue to cook on medium-low heat, adding hot stock in ½-cup [125 ml] increments, and stirring frequently after each addition, until most of the liquid is absorbed. With the last addition, stir in shrimp and peas. Stir until the liquid is almost completely absorbed and the shrimp is just cooked through, about 4 minutes. The risotto is done when it looks creamy and just tender.

Remove from the heat. Stir in grated lemon peel, lemon juice, pepper and most of the pecorino-romano cheese, keeping a little just to sprinkle on top of each serving. Serve immediately in warm bowls, sprinkled with the remaining cheese.

Recipe Credit: Adapted from Eating Well Magazine.

Photo Credit: Marie Asselin

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