

# Parmesan Risotto

with artichoke

Risotto is a great way to feed a large amount of people with one pan and a little elbow grease. That said it can be rather expensive given the cost of arborio rice. In this version i am using local Mace Chasm Farm sausage with a pasta called acini di pepe, which drops the cost down dramatically, and the time to cook it

2	tablespoons	extra virgin olive oil
1	cup	arborio rice
1	cup	white onion, finely chopped
2	tablespoons	extra virgin olive oil
4	cups	unsalted chicken or vegetable stock
1	cup	chopped artichoke hearts
2	ounces	parmesan cheese
1	dash	salt
1	dash	black pepper
1/4	cup	chopped fresh parsely leaves

1. In a 3 qt sauté pan, set over medium heat, add the olive oil and onion and cook for two minutes stirring occasionally. Add the arborio rice then stir to mix well. Cook the mixture until the rice is well coated in the oil and slightly toasted.
2. Add 2 cups of the stock and stir well. Allow the rice to absorb three quarters of the stock before adding more, stir occasionally while this happening. Add stock in 1 cup increments and repeat and stir occasionally in between additions. This should take about 15 - 20 minutes.
3. Once all of the stock is added then add the artichoke hearts and adjust the flavor with salt and pepper. Stir in the cheese and parsley leaves.
4. To serve pour risotto onto a platter or spoon onto plates.