# How To Cook A Perfect Risotto

eslvideo.com Quiz by: rmd

**1. What kind of rice does she recommend you use?**

○ long grain rice

○ farro or barley

○ arborio

**2. What kind of stock are they using?**

○ water

○ chicken

○ celery

**3. What kind of pot is recommended?**

○ a tall pot

○ a shallow pot

○ a large pot

**4. What vegetable does she use?**

○ shallots

○ onions

○ leeks

**5. If you don't want to use alcohol, you can use _____.**

○ apple juice

○ lemon juice

○ grape juice

**6. How long does it take to cook the risotto?**

○ 10-15 minutes

○ 15-20 minutes

○ 20-25 minutes

**7. When cooking risotto, she recommends you _____.**

○ try a variety of spices and vegetables

○ be patient

## Transcript

Risotto is such a beloved dish but it can come off as daunting and complicated if you don't
follow a few important rules. We're going to break down the steps it takes to make an absolutely perfect risotto.

Risotto is traditionally made with arborio rice which is a type of short grain rice. It has a high
starch content which allows it to become creamier once cooked. You can use other types of
rice or grains like long grain rice farro or barley, but we'd recommend sticking with arborio.

There's no hard and fast line when it comes to achieving the ideal consistency, however a good
rule of thumb is for every one cup of rice used four to six cups of stock. We're using chicken
stock, but you can use the stock of your choice or even hot water in a pinch. We're gonna bring
the stock to a boil over high heat. If you add cold stock to your rice, it won't cook through or
achieve that ideal creamy texture.

As the stock comes to a boil we need to select the right pot for the risotto. Make sure to use a
tall pot as you continuously add stock the rice will double in size and if your pot is too small, it
could overflow. Once the stock is boiling, reduce the heat to a simmer or just keep it close by.
The important thing is that the stock stays warm.

Bring your risotto pot to the stove and reduce the heat to medium. Now add your oil to the pan.
Once the oil is hot, it's time to add your alliums of choice. We're going with shallots. If you don't

want to use shallots, you can use other alliums like onions, scallions, or garlic, whichever you
prefer. You're going to cook the shallots until they're translucent.

At this point add the mushrooms and butter cooking down until soft and tender. This is going
to take a little while so be patient. That's really the theme of this dish, but if you don't like
mushrooms you can skip the step and go straight to adding the rice. Once your mushrooms
have cooked down, add the garlic, thyme, salt, and pepper -- again, this is just for an extra
boost of flavor, but you can experiment with the seasonings of your choice.

Now it's time to add the rice. Stir the rice until it's fully coated with mushroom mixture. You
want to toast the rice but not burn it. This will take a minute or two. Next add a splash of wine,
this adds a boost of acidity to the dish. If you don't want to use alcohol, you can swap it for
lemon juice.

When the wine is cooked off, that's the sign it's time to start adding the stock. Word to the
wise, patience really is a virtue when it comes to making risotto. You want to add just enough
stock to cover the rice stirring fairly constantly until it's absorbed. Don't try to rush the process
by adding more stock -- this won't allow the rice to cook evenly and you'll end up with a soupy
mess. Continue to add the stock bit by bit until the rice is al dente which takes about 15 to 20
minutes.

You'll know it's done when the rice has just a bit of firmness left in it and the texture is creamy.

If you can pull the spoon through the risotto and it slowly oozes back in place, you're done. For
extra creaminess and flavor add some grated Parmesan and stir to combine. And that's it!
You're done!

Risotto really isn't that complicated. There's a lot of room for experimentation and customization as long as you remember to abide by the basic principles -- take your time, be
patient, follow the rules, and you'll be a risotto master in no time. I love it and rice is my favorite
thing. It's great. Rice is my favorite thing in the world and risotto is just like fancy rice.