



THE ingles TABLE

with Sarah Elizabeth
Riesling Risotto

Shopping List

Pesto:

- 2 cups basil leaves
- 1 clove minced garlic
- 1/4 cup toasted pine nuts
- 1/2 cup olive oil
- 1/2 shredded parmesan

Blistered Tomatoes:

- Small heirloom or cherry tomatoes (2 dry pints)
- 1/4 cup olive oil
- 1 teaspoon Italian herb seasoning

Parmesan Chicken:

- Harvest Farms chicken breasts
- Drizzle of olive oil
- 4 tablespoons shredded parmesan

Riesling Risotto:

- 5 cups Harvest Farms chicken broth
- 1 1/2 cups water
- 4 tablespoons butter
- 1 small onion, diced
- 2 cloves garlic, minced
- 2 cups Arborio rice
- 1 cup riesling wine
- 1 cup shredded parmesan
- 1 tablespoon fresh chopped parsley
- Salt and pepper to taste

Cooking Instructions

Your dish, your way! Pick and choose the parts of this recipe you'd like to make, or plate the complete dish!

Riesling Risotto:

- 1) Bring broth & water to boil in large pot.
- 2) Reduce to low heat and simmer with pot covered.
- 3) In large, deep pan, melt butter over medium heat and add onion, cooking until soft.
- 4) Add garlic and rice. Stir frequently until grains are translucent around edges, about 3 - 5 minutes.
- 5) Add wine to pan and stir constantly until wine is fully absorbed by rice, about 3 - 5 minutes.
- 6) Stir in 5 cups of hot broth and reduce heat to medium - low.
- 7) Cover and simmer until almost all liquid is absorbed, about 16 - 18 minutes, stirring twice during this process.
- 8) Add in one cup of hot broth and stir gently until risotto becomes creamy.
- 9) Add cheese and remove from heat.
- 10) If risotto needs loosened, add a little hot broth. Top with fresh parsley.

Parmesan Chicken:

- 1) Heat oven to 350 degrees.
- 2) Place chicken on cookie sheet, season both sides of breasts with salt and pepper and drizzle top of chicken with olive oil.
- 3) Bake for 12-15 minutes, turning halfway through the baking time.
- 4) Plate chicken and add parmesan and then top with pesto pronto.

Pesto Pronto:

- 1) Pulse basil & pine nuts in food processor.
- 2) Add parmesan & garlic and pulse several times.
- 3) Slowly add olive oil and pulse until desired consistency is achieved.
- 4) Transfer pesto to serving dish and stir in salt and pepper to taste.

Blistered Tomatoes:

- 1) Heat oven to 450 degrees.
- 2) Place washed tomatoes on rimmed cookie sheet and toss them in olive oil, Italian seasoning and salt & pepper.
- 3) Put tomatoes in oven for about 10 minutes, then shake the pan gently to rotate tomatoes.
- 4) Cook another 10 minutes until tomatoes start to blister, remove from oven.



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