

### **Beet and goat cheese risotto**

4 cups chicken stock

2 tablespoons butter

1 ounce small onion, diced

1 cup Arborio rice

1/2 cup dry white wine (For cooking, you should always use wine you would be willing to drink. Remember, if the wine tastes cheap, that same flavor will only concentrate in the cooking process.)

1/2 cup freshly grated Parmesan

Salt and pepper

4 ounces of goat cheese

1 15-ounce can of beets, pureed

1-tablespoon fresh parley

Melt butter in a sauté pan over medium heat. Add the onion, reduce heat, and cook slowly until onions are soft and translucent. Add rice and stir for about a minute to toast. Add the wine, increase heat and simmer, stirring constantly until pan is almost dry. Process should take about 30 minutes.

Add enough stock to cover the surface of the rice, about 2 cups, and stir constantly until the liquid is mostly absorbed. Add the last 1/2 cup of stock and stir constantly until all of the liquid has been absorbed.

At this point the rice should be tender, but firm to the bite. Like your risotto less al dente? Continue cooking, adding a 1/2 cup of boiling water at a time until the desired consistency is reached. (Just like oatmeal or Cream of Wheat). Remove pan from heat. Quickly puree the beets. Add the Parmesan to the risotto and combine. Fold in the beet puree until completely combined. Salt and pepper to taste. Plate the risotto; crumble the goat cheese on top. Garnish with more Parmesan, parsley and pepper.