

Pink Salmon Risotto

I love the idea of making dinner together with my husband, especially on Valentine's Day. My husband and I often do that, and it's very relaxing and soulful. Especially when making risotto as the process is slow-paced and leaves a lot of time for talking and stirring. Why not put some slow and sexy music in the background, light candles and open a bottle of bubbly. It doesn't have to be an expensive bottle; it just should be something that you enjoy. Before making risotto, cheer to your happiness and years of love. Then stir and chat and have a sip of champagne while making your meal. The final result is not only delectable but is a labour of your combined love. A delicious and wonderful way to celebrate Valentine's Day and any other day.

SERVES 2-4

INGREDIENTS

- 1 tbsp butter
- 1 cup Arborio rice
- 1 cup pink Champagne or sparkling wine
- 3¹/₂ cups chicken stock or vegetable stock (it may be a little less or more)
- ¾ cup soy beans, frozen
- 5.5 oz smoked salmon
- 1 lemon's zest
- ¼ cup of Parmesan cheese, freshly grated (optional)
- salt and freshly ground black pepper

Bring broth to a simmer. Lower heat and put a lid on top of the pan.

Heat heavy pan to medium-low heat and add butter. Add rice and coat it with butter. Season with salt and pepper. Sauté rice for about 3 minutes, until it becomes slightly translucent at the edges. Turn the heat down to low.

Add sparkling wine, while constantly stirring. When almost all the liquid is gone from the pan add broth one ladle at the time. Constantly stir. When almost all the liquid is gone from the pan, add another part of broth. This process will take approximately 30 minutes.

At the mark of 20-22 minutes add soy beans. As they are frozen they will need a little bit of time to cook to be tender but still firm. At the 25 minute mark add smoked salmon.

The risotto is ready when it has a creamy texture but its a little al dente (little crunch inside). At this point add half of the zest, incorporate it and take the risotto off the heat, put a lid on top of the pan and leave it for 3 minutes.

Now add remaining zest and cheese. Enjoy.

TIP DU JOUR:

Enjoy this dish as a side dish, or as a main dish with a salad and an appetizer. Delicious any way you serve it.

If you can't find soy beans, add frozen peas, just add them along with the smoked salmon. They are smaller and need less time to get tender.

The amount of broth you will use is dependent on the heat under your pan. Some liquid gets absorbed and some evaporates. Near the end, taste your risotto, it may or may not need a little bit of extra time or broth.

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