



Summer Risotto

Delicious Risotto is flavored with corncobs and corn, peas, and squash.

6 cups vegetable stock

4 ears corn, shucked

1 cup peas (fresh or frozen)

2 zucchini or yellow summer squash, halved, seeded and cut into ½ inch cubes

2 shallots, minced

5 Tablespoons vegetable or olive oil

2 cups Carnaroli or Arborio rice

1 cup dry white wine

Fine sea salt

2 Tablespoons unsalted butter, diced

1 ounce mascarpone cheese

½ cup grated Parmesan cheese

Grated zest of 1 lemon (and juice optional)

Garnish: Fresh summer squash, lemon slices, or herbs

- In a 2-quart soup pot, heat the vegetable stock until hot. Remove from the heat.
- Meanwhile cut the kernels from the ears of corn into a 2-quart soup pot, then combine the corn, peas, squash, and 3 Tablespoons oil; sweat over medium-high heat until tender, about 4 minutes. Remove the vegetables from the pot; set aside.
- Using the same soup pot, sweat the shallots in 2 Tablespoons of the oil over medium heat until translucent, 2 to 3 minutes. Add the rice; stir to coat with the oil and shallots. Add the wine; stir to deglaze. Add a ladle or two of stock to the rice and stir constantly until most of the liquid is absorbed. Add a good dash of salt. Repeat this process, checking the seasoning as you go, until the volume of the rice has nearly doubled. Using a spoon, pull a kernel of rice; place it between your thumb and pointer finger. Smear the kernel with your fingertips. The rice should break into 3 pieces. If it breaks into 2, continue to cook longer by adding a ladle at a time of stock.
- Once the rice is ready, stir in the butter and both cheeses. Mix in the vegetables and lemon zest. Adjust the seasoning and consistency as desired, aiming for the rice to be creamy and not stiff. Finish with lemon juice if desired. Yield: 2 to 4 servings

Cook's Note: Recipe can also be used with frozen corn.

Recipe from Chef Garvin Kaysen, "At Home" cookbook, p. 156,159, 160.
He suggests serving this with Lobster Tails and provides the recipe.

Cooking Tip: You can simplify the flavor of your vegetable stock by adding the corncobs (after you've removed their kernels) and letting them gently simmer in the stock until you're ready to make the risotto.

About the recipe: This risotto bursts with the bright flavors of peak-season produce. It features sweet corn, tender peas, and summer squash, all gently infused with the essence of corncobs simmered in the vegetable stock. This creamy risotto showcases how professional techniques translate beautifully to your home kitchen: building layers of flavor with careful sweating of vegetables, proper risotto stirring technique, and finishing with butter, mascarpone, and Parmesan for luxurious texture.

It is hearty enough to serve as a satisfying main course on its own. Leftovers (if you're lucky enough to have any) make fantastic arancini the next day.