

## Lemon Rosemary Risotto

Arborio Rice	1 cup
Chicken Stock	3 cups
Rosemary, fresh, chopped	2 teaspoons
Zest of one lemon	1 Tbsp
Brush Creek Cheddar (can sub parmesan)	2 Tbsp
Black Pepper	½ teaspoon
Salt	TT

### ***The Story Behind the Recipe***

*I learned how to make epic risotto from a Master Chef, who was....well, pissed. And I do not say this lightly. In a convention room in Atlanta, Georgia, containing 44 empty seats, 6 students and mis en place for risotto, this ACF Master Chef stood before us. All the other convention rooms were packed except for his, even though he had just flown from DC...from the White House...to this empty room. He expected the class to be full, but sadly, it was not; it had fallen victim to an unfortunate class title in the brochure: "Rice Germs." To console himself, he decided to spend the entire class teaching us how to make THE BEST RISOTTO EVER, and I took notes like a first year law student.*

### **DIRECTIONS**

1. Start off with a little olive oil in a pot and turn that bad boy to a medium flame..
2. Toss arborio rice into the pot, stirring it all sexy style...nice and slow, allowing the oil to penetrate the husk of the rice, or "parching."
3. Once the rice husk becomes slightly translucent, stir in the first cup of chicken stock, allowing the liquid to integrate and plump that lazy rice before slowly adding the next cup of stock.
4. While stirring in the second cup, also toss in that rosemary and lemon zest.... like a boss.
5. The last cup is stirred in even less and even more slowly. At the very end, fold in the cheese and the pepper. Serve to your crowd of admiring fans.

Making Risotto is about being present with the osmosis of the rice and liquid, rather than blindly following a formula and adding chicken stock willy nilly. It's about patting and nudging that rice with a wooden spoon. While adding the first two cups of chicken stock and vigorously stirring, the friction of the spoon and the integration of the liquid start to press the starch off the rice rice. By the time the third cup has been integrated, the germ of the rice is cooked al dente....thus the class title "Rice Germs." *May have been a Master Chef but not a Master Marketer. I still think of him every time I make Risotto.*