

## Risotto alla Milanese

### *Description*

Risotto alla Milanese is a braised rice dish made with saffron. It is used as the base for ossobuco. This dish serves 4, takes about 2 hours, and the ingredients cost about \$40.

### *Directions*

#### **Preparing the rice for braising**

- Cook onions on medium heat in a pan with olive until tender.
- Add rice and cook until the rice turns translucent, then opaque.

#### **Braising the rice**

- Add wine and saffron, and stir.
- When most of the liquid has boiled down, add 1 cup stock and stir.
- Repeat the previous step until rice has cooked.

#### **Finishing the risotto**

- Turn off the heat.
- Add the butter and parmesan, then cover for 2 minutes.
- Stir the melted butter and parmesan into the risotto.
- Salt to taste.
- If needed, turn on the heat and add some stock.
- Place in a mound at the center of a flat dish.
- Distribute the risotto evenly across the dish.

### *Notes on the directions*

- A 12 inch pan with a cover will work fine.
- Keep stock warm in a pot as it is being used.
- Stir regularly.

### *Ingredients*

- 2 cups of onions brunoise
- 2 cups of risotto rice
- 1 gram of saffron
- 5 oz of dry white wine (7-10g of sugar/L)
- 2 quarts of white veal stock
- 2 tbsp of butter
- 1 cup of grated Parmigiano-Reggiano

*Notes on the ingredients*

- Risotto rice includes but is not limited to Arborio, Carnaroli, and Vialone Nano. I can't tell these rices apart in the finished dish, so I cannot offer a preference.

- The white veal stock was chosen to go with the ossobuco, but a chicken stock can be used as well. The chicken stock should be white, otherwise the beautiful color from the saffron will not shine through in the end.