



Ben's Cognac Risotto

READY IN



65 min.

SERVINGS



6

CALORIES



600 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.8 cups arborio rice
- ☐ 4 tablespoons butter
- ☐ 7 cups chicken stock see
- ☐ 0.7 cups cognac
- ☐ 2 tablespoons parsley leaves fresh chopped
- ☐ 0.8 cup heavy cream
- ☐ 15 small mushrooms ? white cleaned trimmed quartered
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 cup parmigiano-reggiano freshly grated

- ☐ 6 servings salt and pepper freshly ground
- ☐ 4 medium shallots minced peeled

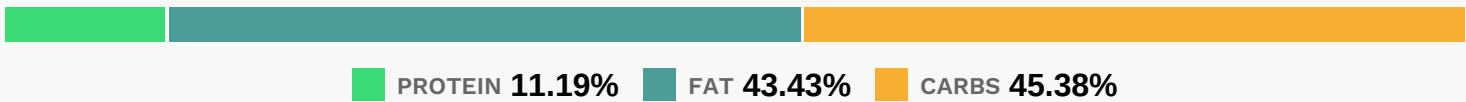
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ wooden spoon

Directions

- ☐ Melt 2 tablespoons butter in a medium skillet over medium-high heat.
- ☐ Add the mushrooms and saute until golden brown, about 5 minutes.
- ☐ Add cognac, bring to a boil, and reduce the liquid by half, 3 to 4 minutes. Lower the heat to medium, add cream and simmer 5 minutes.
- ☐ Remove the skillet from the heat and set aside. Bring the stock to a simmer in a medium saucepan over medium heat.
- ☐ Meanwhile, heat the remaining 2 tablespoons butter with the oil in a deep, heavy medium saucepan over medium heat.
- ☐ Add shallots and cook until soft, about 2 minutes.
- ☐ Add the rice and stir to coat with the butter and oil.
- ☐ Add simmering stock, 1/2 cup at a time, stirring constantly with a wooden spoon. Wait until liquid is almost completely absorbed before adding more. This process will take about 20 minutes. The rice should be just cooked and slightly chewy.
- ☐ Stir in the mushroom mixture and cheese. Season, to taste, with salt and pepper and serve garnished with parsley.

Nutrition Facts



Properties

Glycemic Index:44.67, Glycemic Load:37.45, Inflammation Score:-8, Nutrition Score:17.600434707559%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg

Nutrients (% of daily need)

Calories: 599.69kcal (29.98%), Fat: 25.85g (39.77%), Saturated Fat: 13.87g (86.69%), Carbohydrates: 60.78g (20.26%), Net Carbohydrates: 58.32g (21.21%), Sugar: 7.16g (7.96%), Cholesterol: 65.86mg (21.95%), Sodium: 756.13mg (32.88%), Alcohol: 8.91g (100%), Alcohol %: 2.48% (100%), Protein: 14.99g (29.97%), Folate: 162.55µg (40.64%), Vitamin B3: 7.82mg (39.09%), Manganese: 0.67mg (33.71%), Vitamin B1: 0.47mg (31.28%), Selenium: 19.73µg (28.19%), Vitamin B2: 0.45mg (26.46%), Vitamin K: 25.66µg (24.44%), Phosphorus: 222.41mg (22.24%), Iron: 3.57mg (19.81%), Copper: 0.38mg (19.03%), Vitamin B6: 0.37mg (18.56%), Vitamin A: 835.34IU (16.71%), Potassium: 517.1mg (14.77%), Vitamin B5: 1.29mg (12.9%), Calcium: 106.7mg (10.67%), Zinc: 1.49mg (9.92%), Fiber: 2.46g (9.84%), Magnesium: 35.75mg (8.94%), Vitamin E: 0.94mg (6.28%), Vitamin C: 4.37mg (5.3%), Vitamin D: 0.55µg (3.69%), Vitamin B12: 0.14µg (2.34%)