



Grilled Corn Risotto

 Gluten Free

READY IN



85 min.

SERVINGS



6

CALORIES



548 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 cups chicken stock see
- 1 cup cooking wine dry white
- 3 ears summer corn sweet white
- 1 small bulb fennel diced trimmed
- 6 servings kosher salt and pepper black freshly ground
- 3 tablespoons olive oil extra-virgin
- 0.5 cup parmigiano-reggiano freshly grated
- 1.5 cups arborio rice (preferably Carnaroli)

- 6 tablespoons butter unsalted
- 0.5 medium onion diced yellow

Equipment

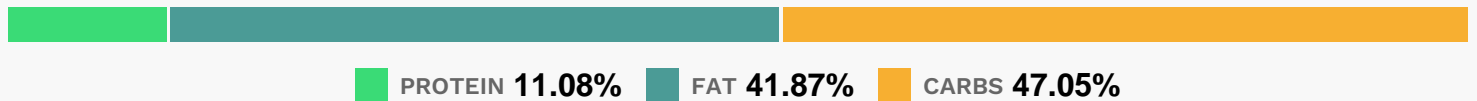
- frying pan
- sauce pan
- pot
- sieve
- wooden spoon
- grill

Directions

- Heat the grill to medium-high heat. Grill the corn until lightly charred on all sides, about 10 minutes.
- Remove the kernels from the cobs and reserve the cobs.
- Break the reserved corn cobs in half and place them in a large pot with the stock. Bring to a simmer over medium-high heat, and then turn off the heat and steep the cobs in the stock for 30 minutes.
- Melt 2 tablespoons of the butter in a saute pan over medium heat.
- Add the fennel and cook until soft, about 10 minutes.
- Remove the fennel from the pan and set aside.
- Add another 2 tablespoons of the butter to the pan and cook the corn kernels until soft and velvety, 10 to 15 minutes. Season the corn with salt and pepper, and set it aside.
- Pass the corn stock through a strainer into a saucepan and discard the cobs. Keep warm over low heat.
- Heat the oil in a high-sided skillet over medium heat.
- Add the onions and saute, stirring occasionally, until starting to soften, about 3 minutes.
- Add the rice and cook, stirring frequently with a wooden spoon, until it no longer appears chalky on the outside, 4 to 5 minutes.
- Add the wine and simmer, stirring frequently, until absorbed, about 5 minutes.

- Add 1 1/2 cups of the corn stock, stirring frequently until the liquid is absorbed, about 7 minutes.
- Add another 1 1/2 cups of stock and simmer, stirring frequently, until the liquid is mostly absorbed and the rice appears fluffy, but is still slightly firm. If the rice is still hard or chewy, add the remaining stock, 1 cup at a time, and keep stirring until the proper doneness is reached. The total cooking time should be 20 to 25 minutes. You might not use all 6 cups of stock, but any remaining stock can be refrigerated and used for another dish.
- Stir in the reserved fennel and corn kernels, the remaining 2 tablespoons of butter and the Parmigiano-Reggiano. Season with salt and pepper, and serve.
- Garnish with fennel fronds.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:32.47, Inflammation Score:-7, Nutrition Score:17.557391337726%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

Nutrients (% of daily need)

Calories: 547.83kcal (27.39%), Fat: 24.35g (37.46%), Saturated Fat: 10.55g (65.95%), Carbohydrates: 61.55g (20.52%), Net Carbohydrates: 57.86g (21.04%), Sugar: 8.99g (9.99%), Cholesterol: 42.97mg (14.32%), Sodium: 508.3mg (22.1%), Alcohol: 4.12g (100%), Alcohol %: 1.15% (100%), Protein: 14.49g (28.98%), Folate: 160.09µg (40.02%), Manganese: 0.74mg (37%), Vitamin B3: 6.98mg (34.89%), Vitamin B1: 0.45mg (30.03%), Vitamin K: 30.8µg (29.34%), Phosphorus: 243.06mg (24.31%), Selenium: 15.48µg (22.11%), Iron: 3.38mg (18.81%), Vitamin B2: 0.31mg (18.02%), Potassium: 627.17mg (17.92%), Vitamin B6: 0.33mg (16.57%), Copper: 0.3mg (14.8%), Fiber: 3.69g (14.76%), Calcium: 136.96mg (13.7%), Magnesium: 53.41mg (13.35%), Vitamin B5: 1.14mg (11.4%), Vitamin E: 1.68mg (11.22%), Vitamin A: 559.28IU (11.19%), Vitamin C: 8.9mg (10.79%), Zinc: 1.48mg (9.85%), Vitamin B12: 0.12µg (2.06%),

Vitamin D: 0.25µg (1.68%)