

## Risi e Bisi with Baked Prosciutto Chips



Gluten Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



854 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 8 ounce arborio rice
- ☐ 1 bay leaf
- ☐ 4 pound peas fresh
- ☐ 1 tablespoon olive oil plus more for baking sheet
- ☐ 1 onion roughly chopped
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.5 cup parsley italian roughly chopped
- ☐ 4 ounces pancetta

- ☐ 0.5 cup shallots minced
- ☐ 2 tablespoon butter unsalted
- ☐ 3 quart water

## Equipment

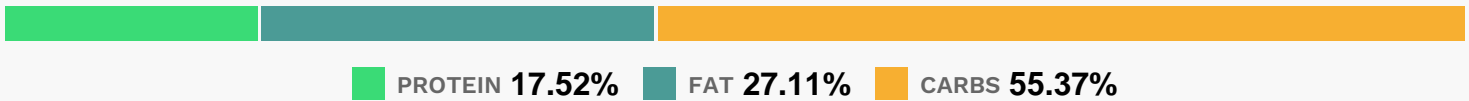
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ pot
- ☐ dutch oven

## Directions

- ☐ Shell all the peas.
- ☐ Place the pea pods in a large pot and pour in about 3 quarts of cold water over them add the carrot celery and bay leaf. Bring the water to a boil and cook them for 15 minutes. Turn off the heat and let the pea pod broth cool to warm.
- ☐ Drain the pods well, discarding the solids. Season the “green water” with the teaspoon of salt. (If not preparing the risi e bisi within an hour or so, refrigerate up to 3 days). In either case the “green water” should be brought to a simmer when you are ready to make the final dish. You will need about six cups to serve 4 people.Preheat oven to 400 degrees F. Lightly brush a parchment lined baking sheet with olive oil. Arrange prosciutto slices on sheet, not touching each other.
- ☐ Place into the hot oven and bake until crisp 10–12 minutes. Watch it carefully because it can burn quickly.
- ☐ Remove the sheet from oven and allow to cool completely on a wire rack. Do not attempt to move the “chips” until completely cool.
- ☐ Heat the oil in a large heavy bottomed Dutch oven set over medium heat. Melt in half of the butter then add the shallots. Cook for a moment or two until well coated then add the pancetta, stirring often until it begins to brown. About 5 minutes. Lower the heat and add the rice stirring to get it well coated. Cook stirring often about 3 minutes.
- ☐ Add half the green and simmer about 10 minutes, stirring often.

- ☐
- Add more stock if the pan starts to dry out. Once the rice is partly cooked and has absorbed a lot of the flavorful broth, add the rest of the stock. Your goal is a consistency that is halfway between a risotto and a soup. More or less of the remaining stock (and perhaps a little water) may be needed, use your judgment. Once a simmer is achieved add the peas and cook until just cooked through and the rice is al dente, about 5–6 minutes.
- ☐
- Add the parsley and season with salt and pepper. Stir in the remaining butter and the Parmesan. Adjust consistency with a little water if needed.
- ☐
- Serve warm with the prosciutto chips on the side.

Nutrition Facts



Properties

Glycemic Index:60.58, Glycemic Load:54.95, Inflammation Score:-10, Nutrition Score:55.180869667426%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 853.81kcal (42.69%), Fat: 25.89g (39.82%), Saturated Fat: 10.33g (64.55%), Carbohydrates: 118.99g (39.66%), Net Carbohydrates: 89.88g (32.69%), Sugar: 29.38g (32.64%), Cholesterol: 42.26mg (14.09%), Sodium: 456.35mg (19.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.64g (75.29%), Vitamin C: 195.82mg (237.36%), Vitamin K: 238.65µg (227.28%), Manganese: 2.59mg (129.47%), Fiber: 29.11g (116.44%), Folate: 453.62µg (113.4%), Vitamin B1: 1.65mg (109.81%), Vitamin A: 4388.11IU (87.76%), Phosphorus: 703.09mg (70.31%), Vitamin B3: 13.18mg (65.89%), Iron: 10.19mg (56.63%), Copper: 1.1mg (54.8%), Vitamin B6: 1.09mg (54.64%), Zinc: 7.25mg (48.33%), Magnesium: 191.61mg (47.9%), Vitamin B2: 0.71mg (41.98%), Potassium: 1399.81mg (39.99%), Selenium: 25.81µg (36.87%), Calcium: 315.35mg (31.54%), Vitamin B5: 1.57mg (15.73%), Vitamin E: 1.48mg (9.86%), Vitamin B12: 0.3µg (5.06%), Vitamin D: 0.28µg (1.87%)