



## Truffled Red Wine Risotto with Parmesan Broth

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



1164 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 cups arborio rice
- 2 bay leaves
- 2 cups beef broth
- 1 teaspoon peppercorns whole black
- 0.5 cup butter (1 stick)
- 1 can butter italian white
- 1 tablespoon butter

- 6 ounces butter white
- 1 small fennel bulb chopped
- 1 teaspoon fennel seeds
- 1 tablespoon chives fresh minced
- 0.5 head garlic halved
- 1 garlic clove minced
- 1 small leek white chopped ( part only)
- 2 cups chicken broth
- 0.5 onion chopped
- 0.5 cup onion minced
- 1.5 pounds parmesan
- 2 parsley fresh
- 2 parsley fresh italian
- 2 tablespoons parsley fresh italian minced
- 2 cups pinot noir chocolate brownies
- 2 thyme sprigs fresh
- 4 thyme sprigs fresh
- 1 teaspoon tomato paste
- 2 tablespoons citrus champagne vinegar
- 8 cups water ( )

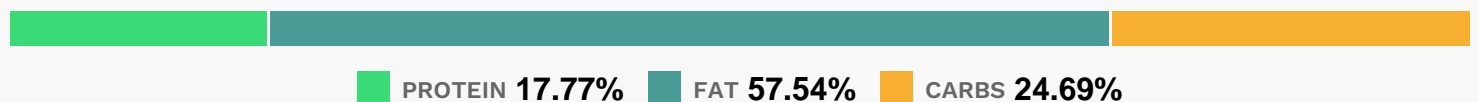
## Equipment

- bowl
- frying pan
- sauce pan
- whisk
- sieve
- cheesecloth
- kitchen twine

## Directions

- Melt butter in heavy large saucepan over medium heat.
- Add leek, fennel, onion, and garlic. Stir until vegetables are soft, about 5 minutes.
- Add tomato paste and cook until beginning to brown on bottom of pan, about 2 minutes.
- Add cheese rinds, thyme, and parsley.
- Add enough water just to cover. Bring to boil; reduce heat to medium-low, cover, and simmer 2 hours, stirring occasionally. Strain, discarding solids in strainer. Return broth to saucepan. Boil over medium-high heat until reduced to 1 1/2 cups, about 15 minutes. Season with salt and pepper. DO AHEAD: Can be made 2 days ahead. Cover and chill. Rewarm before using, whisking to blend.
- Place first 5 ingredients in double layer of cheesecloth; gather ends. Tie tightly with kitchen string; trim excess cloth.
- Bring chicken and beef broths to simmer in medium saucepan. Cover and keep warm. Melt butter in large saucepan over medium heat.
- Add herb bundle, onion, and garlic. Cook until onion is soft, stirring occasionally, about 5 minutes.
- Add rice and stir to coat.
- Add wine; increase heat to high. Boil until almost dry, about 6 minutes.
- Add warm broth mixture 1 cup at a time, allowing each addition to be absorbed before adding next and stirring often until rice is tender but still firm to bite, about 20 minutes.
- Add truffle butter, verjus, parsley, and chives. Stir until butter is melted. Season to taste with salt and pepper. Divide risotto among bowls.
- Pour 1/4 cup warm parmesan broth around risotto in each bowl and serve.

## Nutrition Facts



## Properties

Glycemic Index:137.17, Glycemic Load:45.29, Inflammation Score:-10, Nutrition Score:34.112173712772%

## Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 1.16mg, Isorhamnetin: 1.16mg, Isorhamnetin: 1.16mg, Isorhamnetin: 1.16mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg

## **Nutrients (% of daily need)**

Calories: 1163.81kcal (58.19%), Fat: 70.92g (109.11%), Saturated Fat: 44.59g (278.66%), Carbohydrates: 68.5g (22.83%), Net Carbohydrates: 64.13g (23.32%), Sugar: 4.29g (4.76%), Cholesterol: 184.11mg (61.37%), Sodium: 2508.87mg (109.08%), Alcohol: 8.18g (100%), Alcohol %: 1.19% (100%), Protein: 49.28g (98.56%), Calcium: 1427.6mg (142.76%), Phosphorus: 938.37mg (93.84%), Vitamin K: 72.19µg (68.75%), Manganese: 1.09mg (54.49%), Selenium: 37.67µg (53.82%), Vitamin A: 2689.06IU (53.78%), Folate: 193.73µg (48.43%), Vitamin B1: 0.46mg (30.61%), Vitamin B2: 0.5mg (29.61%), Iron: 5.26mg (29.22%), Zinc: 4.25mg (28.31%), Vitamin B12: 1.58µg (26.33%), Vitamin B3: 5.23mg (26.17%), Magnesium: 91.51mg (22.88%), Vitamin B6: 0.36mg (18.1%), Copper: 0.35mg (17.73%), Fiber: 4.37g (17.48%), Vitamin C: 13.89mg (16.84%), Vitamin B5: 1.62mg (16.24%), Potassium: 556.47mg (15.9%), Vitamin E: 1.84mg (12.27%), Vitamin D: 0.57µg (3.78%)