



Truffled Red Wine Risotto with Parmesan Broth

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



1142 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)
- ☐ 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 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
- ☐ 4 thyme sprigs fresh
- ☐ 1 teaspoon tomato paste
- ☐ 2 tablespoons citrus champagne vinegar
- ☐ 8 cups water ()

Equipment

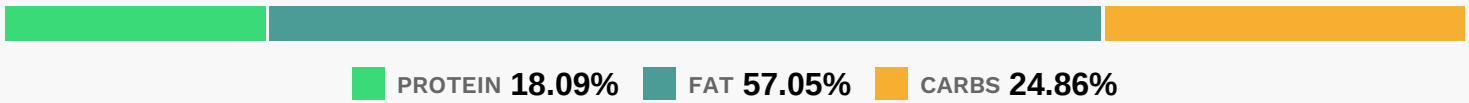
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ cheesecloth
- ☐ kitchen twine

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:108.5, Glycemic Load:45.09, Inflammation Score:-10, Nutrition Score:33.698695815128%

Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

Nutrients (% of daily need)

Calories: 1141.88kcal (57.09%), Fat: 68.88g (105.97%), Saturated Fat: 43.29g (270.59%), Carbohydrates: 67.56g (22.52%), Net Carbohydrates: 63.39g (23.05%), Sugar: 3.9g (4.33%), Cholesterol: 178.73mg (59.58%), Sodium: 2492.4mg (108.37%), Alcohol: 8.18g (100%), Alcohol %: 1.21% (100%), Protein: 49.14g (98.28%), Calcium: 1423.54mg (142.35%), Phosphorus: 934.76mg (93.48%), Vitamin K: 71.98µg (68.55%), Selenium: 37.6µg (53.72%), Manganese: 1.07mg (53.61%), Vitamin A: 2610.57IU (52.21%), Folate: 191.77µg (47.94%), Vitamin B1: 0.45mg (30.31%), Vitamin B2: 0.5mg (29.32%), Iron: 5.18mg (28.78%), Zinc: 4.22mg (28.15%), Vitamin B12: 1.58µg (26.26%), Vitamin B3: 5.22mg (26.08%), Magnesium: 90.01mg (22.5%), Vitamin B6: 0.35mg (17.49%), Copper: 0.35mg (17.46%), Fiber: 4.17g (16.67%), Vitamin B5: 1.61mg (16.08%), Potassium: 540.46mg (15.44%), Vitamin C: 12.68mg (15.37%), Vitamin E: 1.78mg (11.87%), Vitamin D: 0.57µg (3.78%)