

Chicory Risotto

2 tablespoons olive oil
3 cups shredded Belgian endive (12 oz.) or radicchio (6 oz.); or 5 cups shredded escarole (10 oz.), curly endive (6 oz.), or frise (10 oz.)
1 tablespoon lemon juice (optional)
3 tablespoons butter
1 small onion, finely chopped
1 small clove garlic, minced
1 cup medium-grain white rice or Italian arborio rice
3 1/2 cups regular-strength chicken broth
Grated Parmesan cheese
Whole leaves of Belgian endive, radicchio, escarole, curly endive, or frise, rinsed and crisped

Place 1 tablespoon of the olive oil in a 3- to 4-quart pan over high heat. Add shredded chicory (and lemon juice if using radicchio). Stir over high heat until wilted, about 2 minutes. Remove from pan with a slotted spoon and set aside.

Add remaining tablespoon olive oil, 2 tablespoons of the butter, onion, and garlic to pan. Stir occasionally over medium heat until onion is golden, about 5 minutes. Add rice and stir until it looks milky, about 3 minutes. Mix in broth and bring to a boil, stirring often. Adjust heat so rice boils gently; cook uncovered, stirring occasionally, until rice is tender to bite, 15 to 20 minutes. Lower heat and stir more often as mixture thickens.

Stir in cooked chicory. Remove from heat and add remaining butter and 1/3 cup grated Parmesan cheese; mix gently. Scoop into warm serving dish. Garnish with whole chicory leaves. Offer additional cheese to add to taste.

Makes 4 to 6 servings.

Comments:

Nutrition Information: per serving with Belgian endive: 238 calories; 4.2g. protein; 11g. fat; 29g. carbohydrate

Source: Sunset, March 1989