

Avocado Risotto

Yield: 3 servings.

Ingredients

Single Recipe (serves 3) 1/4 cup olive oil 1/2 cup vermouth <i>DO NOT INCREASE AMOUNT. LESS IS FINE.</i> 4 cups vegetable broth <i>Note: try no-chicken broth next time</i> 1 cup arborio rice 3/4 cup onion <i>Note: maybe try shallots next time</i> 3 cloves garlic 1/2 cup minced red bell pepper <i>Note: maybe cut this amount a bit and add a little hot pepper next time</i> 2 chopped avocados salt to taste chopped cilantro for garnish	Family Recipe (serves 18+) 1.5 cup olive oil 3 cups vermouth 24 cups vegetable broth 6 cup arborio rice 4.5 cups onion 18 cloves garlic 3 cups minced red bell pepper 12 chopped avocados salt to taste chopped cilantro for garnish
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Directions

1. Put broth on stove to heat--must be boiling by step 5.
2. In large pot, put 2-3 tbsp of oil, onions, and salt. Saute onions until golden.
3. Add rice and stir for two minutes until grains are evenly coated.
4. Add wine and stir until wine has evaporated.
5. Add 1 cup of stock and stir regularly until it is dry. Repeat twice.
6. Add remaining olive oil to small saucepan and saute garlic until golden. Mash garlic.
Remove garlic and throw away.
7. Add final cup of stock to rice (if dry) and continue to stir. Saute peppers 3-4 minutes in the garlic-infused olive oil.
8. Add peppers and oil to the rice.
9. Remove from heat. Add avocados (mashing some) and stir.
10. Serve with a garnish of cilantro.