

SWEET CORN RISOTTO

From Executive Chef Drew Yerich



*Sweet corn
combined with
arborio rice
and cream*

INGREDIENTS

Stock

8 ears fresh corn, shucked
2 tbsp sugar
1 large onion, diced
6 sprigs of fresh thyme
15 black peppercorns
PAC Seasoning to taste
(recipe page 18)

Risotto

8 oz butter
8 oz sweet onions, diced
4 shallots, chopped
16 oz Arborio rice
1 cup white wine (chardonnay)
2 qt corn stock, hot
1 tbsp thyme, fresh chopped
2 cups heavy cream
1 tbsp fresh parsley, chopped
PAC Seasoning to taste
(recipe page 18)

1 tbsp extra virgin olive oil

Yield: 4-6 servings

PREPARATION

Stock: Poach corn in water with seasoning and sugar until tender. When done let cool. Reserve poaching liquid. Remove corn kernel from cob. Place cobs in poaching liquid. Cook with onions, thyme, and peppercorns to create a corn stock. Approximately 30 minutes.

In a heavy gauge pot or skillet add butter, onions, & shallots. Sauté until translucent. Add rice and stir for a couple of minutes. Deglaze with white wine. While continuously stirring add 1/3 corn stock and fresh thyme. After a few minutes of simmering adjust the heat and add 1/3 more stock making sure nothing is sticking to the bottom or sides of the pot. Continue stirring and add 1/3 stock and adjust seasoning. Risotto takes about 18-20 minutes. When risotto is al dente (to the bite) and thickened add cream and reserved corn kernels and reduce until thick and creamy. When done stir in chopped parsley.

Chef's note: The trick to a good risotto is the constant stirring that is required. I like stirring round and round into a figure eight over and over until the rice kernels release their starch, resulting in a creamy tender risotto.

To serve: Spoon on to the center of a plate and drizzle with extra virgin olive oil, top with a variety of deliciousness such as chicken, shrimp, lobster, scallops, grilled or roasted vegetables.