



## Seafood Risotto

There were a number of influences on this recipe, most notably the Seafood Risotto with Spinach and Peas recipe from *The Mediterranean Kitchen*, by Joyce Goldstein, 1989. This took about 1 ½ hours from start of prep work to serving. It's not very difficult, and the result is a beautiful meal.

12 cups chicken broth  
1 cup unsalted butter  
2 yellow onion, medium dice  
1 head garlic, minced  
leaves from fresh thyme sprigs, chopped fine  
1 lb mushrooms, stemmed, ½ inch dice (whichever variety you like, portobellos were used here)  
1 lb bay scallops, rinsed  
1 lb salmon fillet (OK if it has the skin still on)  
½ cup dry white wine  
4 cups Arborio rice  
1 lb package frozen peas  
½ lb baby spinach leaves  
2 tbl lemon juice  
½ cup fresh parsley, chopped  
½ cup freshly grated Parmesan or similar cheese  
salt and pepper, to taste

### Preparation:

1. In a pot, heat the chicken broth to boiling, then reduce to simmer.
2. In a separate, large pot (this will be your final pot for the risotto, so go big on the pot), heat 2 oz of butter and sauté the scallops until just starting to brown. Remove the scallops to a bowl, add another 2 oz of butter to the pot, and sauté the salmon. Once the salmon is cooked through, remove to a plate and remove the skin (if necessary) and break into bite size pieces, checking for bones. Cover the scallops and salmon to keep them warm.
3. Add the wine to the pot and deglaze, removing any brown bits with a slotted spoon. Then add another 2 oz of butter to the pot, and add in the onions, garlic, thyme and mushrooms, cooking until the onions are translucent.
4. Add the last 2 oz of butter and the rice, stirring the rice to coat it with the liquids, about 2-3 minutes. Add in 1 cup of the chicken stock, stirring constantly, until the stock is absorbed. Continue adding the stock, 1 cup at a time, stirring constantly, until the rice is almost cooked and the liquid texture is creamy. Add in the peas, spinach and lemon juice, stirring until the spinach is wilted. Add the scallops and salmon and stir. Season with salt and pepper.
5. Serve in bowls or on plates, garnished with the parsley and cheese.

Serves 8

The mushrooms and salmon give you a lot of wine flexibility with this dish. A nice acidic white would do well with this, like a Sauvignon Blanc. We went with Pinot Noir, although a lighter Rhône blend would also do quite well.