

Parmigiano Reggiano Risotto

This risotto is made from Parmigiano Reggiano rinds that accumulate in the freezer after all the cheese is grated for use in the restaurant. Recipe courtesy of SheWolf Pastificio & Bar.

2 onions, diced very small
1 cup butter, diced
2 quarts Carnaroli rice
1 quart white wine
5 quarts Parmesan broth (see recipe below)
1 cup Parmigiano Reggiano

Sweat the onions in butter until translucent. This should take approximately 20 minutes. Add rice and toast for 10 minutes on medium heat. The mixture should start to smell nutty.

Once rice is toasted and nutty, add the wine and stir until wine is evaporated. Start to add the broth 1 quart at a time. Once the rice has absorbed all the liquid and is still nappe, remove from heat.

Finish with butter and Parmigiano and plate. Drizzle aged balsamic over the rice once plated.

Makes one large pot.

Parmesan Broth

Recipe courtesy of SheWolf Pastificio & Bar.

8 1/3 cups water
35 oz. Parmigiano Reggiano rind
6 1/4 tsp. thyme sprigs
1 cup onion, sliced
17 garlic cloves
Salt, to taste

Add all ingredients to a large cryovac bag, seal on high. This bag can be stored in the freezer until needed.

To finish, drop the bag in a pot of boiling water and boil for 30 minutes. Open the bag and strain the liquid through a chinois. The broth should be aromatic and flavorful.