

## Culinary Center of Monterey

### Spicy Sausage and Gorgonzola Risotto

1 lb Italian Sausage  
1 cup Arborio or Carnoroli Rice  
5 cups chicken Stock  
1 red bell pepper, diced  
1 cup bleu cheese  
2 cups fresh spinach, chiffonade

1. Heat the stock in a pan and keep hot but not boiling
2. Brown the sausage in a 4 qt pan
3. Add the rice and cook 2 minutes
4. Add the bell pepper and the first 2 cups of stock
5. Stir over medium heat until stock has absorbed into the rice.
6. Add 1-cup stock and stir until stock has again absorbed and continue this process until all of the stock has been used.
7. Add the spinach with the last addition of stock, when the stock has absorbed but the rice is still creamy stir in the Gorgonzola cheese.

Serves 4

### Three Pepper Risotto with Roasted Garlic

2 tbs olive oil  
2 cups Arborio or Carnoroli Rice  
1 head Roasted Garlic cloves  
1 each red yellow and green bell pepper, julienne  
2 Quarts Chicken Stock  
1-cup pepper jack cheese

1. In a large stockpot heat the olive oil over medium heat and add the rice.
2. Cook stirring for 2 minutes to toast the rice.
3. Add the garlic and peppers and cook 2 minutes longer.
4. Add the 4 cups of the stock and cook stirring constantly until the stock has absorbed
5. Add the remaining stock one-cup at a time, stirring constantly.
6. Add each cup as the one before it is absorbed.
7. After the last addition of stock stir in the cheese.

Serves 8

Presented at the Gourmet Food and Wine Pavilion, Monterey County Fair, August 2003



Sponsored by Clementine's Kitchen, Tools and Techniques for the Home Chef, located in the Stone Creek Shopping Village at Hwy 68 and Canyon Del Rey, one mile east of the Monterey Airport

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### Rock Shrimp and Spinach Risotto

1 tbs olive oil

$\frac{1}{2}$  yellow onion, finely diced

2 cloves garlic, minced

$1\frac{1}{2}$  cups Arborio Rice

6 cups chicken stock

3 cups rock shrimp meat

2 cups fresh spinach, cut chiffonade

1 cup jack cheese

1. Prepare the stock and hold it simmering.
2. In a large pan heat the olive oil and add the onion and garlic, cooking over medium heat for 1 minute.
3. Add the rice and cook for about 3 minutes stirring to evenly toast the rice.
4. Add the first 2 cups of chicken stock and stir continuously until the liquid has absorbed.
5. Add another cup of chicken stock and continue stirring until the liquid has absorbed
6. Add another cup of chicken stock and stir until liquid has absorbed.
7. Add the shrimp and another cup of stock and stir until liquid has absorbed.
8. Add the spinach and the cheese along with the last cup of chicken stock and stir until absorbed.
9. Adjust seasoning with salt and pepper and serve immediately.

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