

## Corncob Risotto

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 6 servings

### Ingredients:

#### For the corn stock:

6 corncobs

Leftover vegetable scraps

Water, to cover all cobs and scraps

#### For the risotto

2 tablespoons olive oil

1 large shallot, minced

1 leek, white and light green parts only, finely chopped

3 cloves garlic, minced

1 cup Arborio rice

½ cup sherry or white wine

6 cups corn stock

¾ cup roasted corn kernels

1 cup grated Parmesan cheese

2 tablespoons unsalted butter

Salt and black pepper, to taste

¼ chopped chives, for garnish



#### **Nutritional Analysis:**

Calories: 320

Carbohydrates: 39 g

Sodium: 860 mg

Protein: 8 g

Fat: 13 g

Fiber: 3 g

### Method of Preparation:

1. Preheat oven to 400 degrees. Rub corn on the cob with oil, salt and pepper. Roast cobs until kernels are tender, about 20 minutes. Let cool, cut corn off cobs, and reserve the corn and the cobs separately.
2. For the corn stock: In a large stockpot, combine corncobs, any leftover vegetable scraps, and water to fill your pot. Bring to a boil, then reduce heat and simmer about one hour to allow flavor to develop. Strain.
3. For the risotto: In a large saucepan, heat oil over medium-high heat. Add shallot and leek; sauté until soft and translucent, about 2-3 minutes. Add garlic and cook one more minute, stirring to avoid burning.
4. Add rice, stirring with a wooden spoon to incorporate all of the grains and make sure they are coated in oil, 1-2 minutes. Pour in sherry and stir until the liquid is mostly evaporated. Do not let the rice brown.
5. Begin to ladle warm corn stock, one cup at a time, to the rice. Stir until the liquid has evaporated, then add more. Remember to stir to avoid rice burning at the bottom of the pot. After about 20-25 minutes, taste the risotto. Rice should be tender and creamy, but still have a bite. Continue to add more stock and cook if needed.
6. Reduce heat to low. Stir in corn, cheese and butter. Season and serve immediately.

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