

# KENNY'S CRAB RISOTTO

We live in the Bay Area and have access to Dungeness Crab seasonally. I'm sure that you can substitute other crabs or even better with lobster. With so few ingredients, the stock is all important. If you don't have crab, shrimp or lobster shells you can substitute a fish stock made from white fish bones.

Risotto takes some work. However, I enjoy a good glass of Blue Rock while I'm doing the preparation so it's never a chore.

## INGREDIENTS: RISOTTO

2 tablespoons good Olive oil or butter  
½ cup finely chopped onion and or shallots  
1 cup Arborio rice  
1 cup dry white wine  
3 cups crab stock or fish broth (see below)  
¼ cup chopped chives or parsley leaves  
Zest (fine) of one lemon  
Cream or ½ and ½ to taste  
One cooked Dungeness Crab (shelled cooked crab meat)



## PREPARATION

In a 3-4 quart pan over medium/high heat, sauté onion in the olive oil or butter until softened, 3-4 minutes. Add rice, salt and pepper (to taste) and stir until rice is opaque and onions are limp, about 3 minutes. Add white wine and cook until absorbed, stirring constantly. Add the mixed, heated broth one cup at a time cooking until each cup is absorbed, stirring constantly from the bottom of the pot. This will produce a risotto which is cooked al dente. If you prefer a softer texture, add one additional cup of broth and cook until absorbed, stirring constantly. Finish with cream and/or butter to add some richness. Now off the flame, add the reserved crab meat and cover. Total cooking time is approximately 25 minutes. Gently add chopped chives or parsley, and lemon zest. Let stand 5 minutes and serve.

Crab Broth: Put the reserved shells in a large pot with water just to cover. Add aromatics such as onion, carrot and celery. Bring to a boil then turn down to a simmer. Remove the foam layer that comes to the surface. Let it simmer for 30 minutes to one hour, strain through a sieve, and put in pot to be reheated for use with the risotto. Fish bones, lobster shells, shrimp shells all work fine as substitutes