

# Wild leek and Parsley Risotto

(from Chef Gordon Ramsay – Toronto Star)

This is a perfect springtime dish that can only benefit from the fresh ingredients appearing at farmers' markets around town. The wild leeks were purchased at Culinarium. The recipe is adapted from Gordon Ramsay's new cookbook, *Fast Food*, and is similar to the one prepared by Ramsay in the Star's test kitchen.



## INGREDIENTS

**1 litre** chicken or vegetable stock  
**3 tbsp** olive oil  
**2 cups** shallots, finely chopped  
**2 cups** wild leeks, stalks and leaves finely chopped  
**2 cups** Carnaroli or arborio rice  
**1/2 cup** white wine  
salt and freshly ground pepper  
**2 tbsp** butter  
**1/4 cup** flat-leaf parsley leaves, finely chopped  
**1 cup** freshly grated parmesan + shavings for garnish

## DIRECTIONS

Bring stock to boil over high heat; reduce heat and keep at simmer.

Heat olive oil in pot large enough to hold rice over high heat. Add shallots and cook, stirring, for 1 minute; add leeks and cook, stirring, 2 minutes.

Reduce heat to medium high. When shallots have softened, add rice, stirring, until translucent, about 2 minutes.

Deglaze pan by adding wine, and cook, stirring, until it evaporates, about 1 minute.

Add stock, one ladleful at a time, stirring the rice in between until stock is almost absorbed, about 14 minutes. When almost all stock has been added, season with salt and pepper and test rice. It should be al dente, or have some bite.

Take off heat. Stir in butter until it melts, add parsley, then stir in cheese, adding a little stock if it's too thick. Serve with parmesan shavings.

Serves 4 as main course, 6 as appetizer.

the *Chef* upstairs