

Chef Erik's Florentine Risotto

- 5-½ cups chicken stock (can substitute beef or vegetable broth)
 - 5 tablespoons butter
 - 1 small onion, finely chopped
 - 1 ½ cups Arborio rice
 - ½ cup dry white wine (Chardonnay or Pinot Grigio)
 - salt
 - freshly ground black pepper
 - ¾ cup grated Parmesan cheese
 - 1 bag of baby spinach
1. Heat stock to a simmer, lower heat, and leave on the back burner for the process of making the risotto
 2. In a large sauté pan or heavy bottomed pan, sauté the onion with 2/3 of the butter. Cook over medium heat until the onion is translucent. Once onion is cooked, add in the rice and cook 1-2 minutes longer.
 3. Add in the wine as your first addition of liquid. Raise the heat slightly and cook until the wine has evaporated and absorbed into the rice.
 4. Reduce the heat back to medium. Now, add you stock one or two ladles at a time. After each addition of stock it is important to continue to stir. Let the stock cook into the rice. Add more stock and continue this process until it is almost gone. This will take approximately 20 to 30 min. The rice should be “al dente” when finished.
 5. Remove the pan from the heat and add in the spinach, Parmesan cheese, and the remaining butter. Stir well until combined and spinach is wilted and tender.
 6. Top with prepared chicken and asparagus(or other protein and vegetable of choice).

Optional Add-ons:

Simple Grilled Chicken

- 4 oz. of chicken per person
- Simple marinade of Italian dressing or whatever is your favorite. (Chef Erik recommends marinating your chicken over night).

Pre-heat grill to medium high heat, once the grill is preheated place the chicken on the grill and cook approximately 6 minutes per side for a ½ inch thick chicken breast. The internal temperature should reach 160 degrees; allow chicken to rest before slicing.

To make chicken without access to a grill place the marinated chicken on a sheet pan or in a glass Pyrex dish. Roast at 375 degrees for 20-25 min or until internal temperature reaches 165 degrees.

Herb Roasted Asparagus

- 1 bunch asparagus
- 1 ea. lemon - zest & juice
- 2 cloves garlic chopped
- 2 tablespoons of olive oil
- ½ bunch assorted fresh herbs chopped (Chef Erik uses rosemary, thyme, oregano)

Pre Heat the oven to 375 degrees.

In a small bowl, mix the above ingredients and then toss the asparagus in this mixture. Place on a sheet pan and roast for approximately 10-15 min in the oven, or until tender.

Feel free to add any protein you would like to accompany the risotto. This dish can be made vegetarian by not adding the chicken stock and substituting vegetable stock.