

# KITCHENCUE™

Step by step. Piece by piece. Press play to learn.

## BEET RISOTTO WITH ITALIAN KALE AND GOAT CHEESE

yield: 8 servings

6 T. butter  
2 packed cups chopped kale  
Salt and freshly ground pepper  
2 garlic cloves, minced  
½ c. finely diced onion, diced to the size of the rice  
1 c. Arborio or Carnaroli rice  
½ c. dry white wine  
2 T. balsamic vinegar  
4-6 c. hot chicken stock  
Approx. 1 c. beet juice (from approximately 6 large beets)  
½ c. finely grated Parmigiano Reggiano cheese  
3 oz. goat cheese, flaked  
3 T. thinly sliced chives, for garnish

Over medium heat, place butter in a two-quart sauce pot. When butter is melted, add the kale, a pinch of salt and sauté until wilted and tender. Stir in chopped garlic and sauté until fragrant. Remove mixture to a bowl and reserve.

In the same pot over medium heat, add the remaining butter. When melted, add onion and a pinch of salt and sauté until the onions are soft and translucent. Add the rice and cook it in the butter until the grains, which are somewhat translucent when uncooked, become opaque. (Be careful not to brown the rice.)

Add wine and balsamic vinegar and evaporate until almost dry. Add enough broth to cover the rice. Stirring gently but continuously, allow the liquid to evaporate. Continue to add more hot broth; each addition should just cover the rice. Stir continuously and allow the liquid to evaporate completely between additions. Season with salt and pepper throughout the cooking process, tasting as you go. **At the 3<sup>rd</sup> addition of liquid, add the beet juice and enough stock to cover the rice.** Again, cook to evaporate the liquid and continue to add broth until the rice is al dente. (This means that when you test the doneness of a single grain of rice, you can feel that the outside of the rice is cooked, and that at the very center there is some resistance. It is better to stop at underdone, as the risotto continues to cook while you finish it and get it to table.)

When the risotto has reached the desired consistency, stir in reserved greens and add one more ladle of broth to achieve a loose texture. The finished dish should display distinct grains of rice in a brothy sauce. Just before serving, stir in Parmesan cheese and adjust seasonings as necessary. Garnish each bowl with goat cheese and chives and serve immediately.

Recipe provided by: Chef Shellie Kark,  
**KitchenCUE**, everything you didn't know about cooking

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