



Carrot Risotto with Fontina, Lemon, and Thyme

Glossary

Fontina: Fontina, an Italian cow's milk cheese, has a nutty flavor and a semi-firm texture. It's perfect for smooth, creamy melting.

Cooking Tip

Wait until each addition of stock has been absorbed completely into the rice before adding the next. But at the end, stir in the mashed carrot when the rice is creamy and still a little liquidy. Your finished risotto should be like porridge-- not too dry.

Be sure to read through the entire recipe before you begin cooking. Trust us-- you'll be glad you did!

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servings



45-55 minutes



660 calories per serving



Ingredients

- 1 yellow onion
- 1 lemon, divided
- 6 sprigs thyme
- 1 pound carrots, divided
- 2 teaspoons vegetable base
- 2 packets butter
- 1 cup Arborio rice
- ½ cup white wine
- 1 packet honey
- 2 ounces shredded fontina cheese
- 1 tablespoon grated pecorino cheese

What You Need At Home

medium pot with lid
large high-sided pan
baking sheet

- 1½ tablespoons olive oil
- 4 cups water
- kosher salt
- black pepper



1. Prepare Ingredients

Preheat oven to 425°F. Peel onion and cut into small dice. Halve lemon. Pick thyme leaves, discarding stems. Peel carrots. Cut ½ crosswise into ½-inch slices. Halve remainder lengthwise, then cut crosswise into smaller ½-inch slices. Add bigger carrot slices to a medium pot and cover with 4 cups cold water. Add a generous pinch salt, cover pot, and bring to a boil over high heat.



2. Boil Carrots

Boil carrots until tender, 5-7 minutes. Transfer to a medium bowl along with ¼ cup of cooking water, reserving remaining cooking water in pot. Mash carrots until mostly smooth. Add vegetable base to water in pot, whisk to combine, and bring to a simmer over medium-high heat. Reduce heat to low and cover to keep warm.



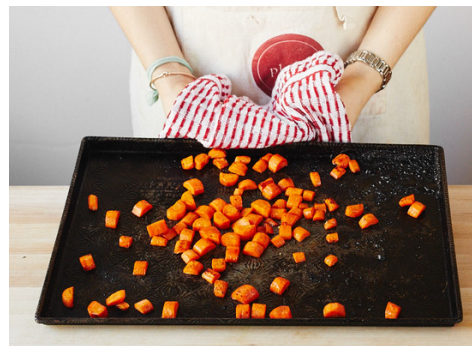
3. Toast Rice

Heat butter and ½ tablespoon olive oil in a large high-sided pan over medium-high heat. When butter is foamy, add onion and thyme and cook until soft, about 5 minutes. Add rice and stir to coat. Toast, stirring, 2-3 minutes. Add white wine and cook, stirring, until almost absorbed, 1-2 minutes.



4. Make Risotto

Add 1 cup vegetable base mixture to rice in pan and cook, stirring, until completely absorbed, about 3 minutes. Continue adding vegetable base mixture in ½-cup increments as needed, stirring frequently and waiting until absorbed between each, until rice is creamy and tender, 18-20 minutes. Discard any remaining vegetable base mixture.



5. Roast Carrots

While risotto cooks, on a baking sheet, toss remaining smaller carrot slices with honey, juice of ½ lemon, 1 tablespoon olive oil, salt, and pepper. Roast until tender, 12-15 minutes.



6. Plate Risotto

Add mashed carrot to risotto in pan over medium heat and stir to combine. Remove from heat and stir in shredded fontina, grated pecorino, and 1 squeeze lemon juice. Taste and add salt and pepper as needed. Divide risotto evenly between 2 bowls, top with roasted carrots, and serve.

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