

Garlic Cheese Risotto

October 31st, 2021

This recipe serves: 4

Prep Time: 00:15

Cook Time: 00:45

Risotto is easy to make, but it requires constant stirring. Cooking Risotto in the Sous Vide removes the need for such focused attention: Just prepare the ingredients, seal them in a heat safe bag, and drop it in the Sous Vide. 45 minutes later, you will have a perfect Risotto. Just watch the time so that you do not overcook it.

Ingredients:

- 1 Cup (90 Grams) Arborio rice
- 1 Teaspoon Olive Oil from Garlic Confit
- 2 Tablespoon Garlic Cloves from Garlic Confit
- 2 Cups Chicken or Vegetable Stock
- 1 Teaspoon Rosemary Leaves, finely chopped
- 1 Pinch Table Salt
- 4 Ounces Shredded Asiago or Romano Cheese

Directions:

Use the Sous Vide to preheat the water to 183° F.

Seal the Rice, Olive Oil, Garlic, Stock, Rosemary, and Salt in a heat-safe bag.

Add the bag to the heated water and cook for exactly 45 minutes.

Remove the bag and open it. Pour the rice into a serving bowl and fluff with a fork.

Stir in the cheese and serve.