

Lemon Risotto with Summer Squash

By Martha Rose Shulman

Total Time 45 minutes

Rating ★★★★★ (725)

Lemon risottos of any kind always delight guests. The lemon juice and zest are added to this comforting mixture at the end of cooking.

INGREDIENTS

Yield: 4 to 6 servings

7 to 8 cups well seasoned chicken
or vegetable stock, as needed

2 tablespoons extra virgin olive oil

½ cup minced onion

Salt to taste

1 pound summer squash (mixed
varieties), diced

1½ cups arborio or carnaroli rice

1 to 2 garlic cloves (to taste), green
shoots removed, minced

Freshly ground pepper to taste

½ cup dry white wine, like pinot
grigio or sauvignon blanc

2 teaspoons finely chopped lemon
zest

1 to 2 tablespoon freshly squeezed
lemon juice (to taste)

2 tablespoons finely chopped flat-
leaf parsley

½ cup freshly grated Parmesan
cheese

PREPARATION

Step 1

Put your stock or broth into a saucepan, and bring it to a simmer over low heat with a ladle nearby or in the pot. Make sure that the stock or broth is well seasoned.

Step 2

Heat the olive oil over medium heat in a wide, heavy nonstick skillet. Add the onion. Cook, stirring, until tender, about five minutes. Add the squash and a generous pinch of salt. Turn the heat up to medium high, and cook, stirring often, until the squash is translucent but not too soft, about five minutes.

Step 3

Stir in the rice and the garlic, and stir until the grains separate and begin to crackle. Add the wine, and stir until it has been absorbed. Turn the heat back down to medium, and begin adding the simmering stock a couple of ladlefuls (about ½ cup) at a time. The stock should just cover the rice and should be bubbling, not too slowly but not too quickly. Cook, stirring often, until the rice is just about absorbed. Add another ladleful or two of the stock, and continue to cook in this fashion, stirring in more stock when the rice is almost dry. You do not have to stir constantly, but stir often.

Step 4

When the rice is tender all the way through but still chewy, in about 25 minutes, it is done. Taste now and adjust seasoning,

adding salt and pepper to taste. Add another ladleful of stock to the rice. Stir in the lemon zest, lemon juice, parsley and Parmesan. Remove from the heat. The mixture should be creamy (add more stock if it isn't). Serve right away in wide soup bowls or on plates, spreading the risotto in a thin layer rather than a mound.

TIP

Advance preparation: You can begin up to several hours before serving. Proceed with the recipe, cooking halfway through Step 3 for about 15 minutes. The rice should still be hard when you remove it from the heat, and there should not be any liquid in the pan. Spread it in an even layer in the pan, and keep it away from the heat until you resume cooking. If the pan is not wide enough for you to spread the rice in a thin layer, transfer it to a sheet pan. Fifteen minutes before serving, bring the remaining stock back to a simmer, and reheat the rice. Resume cooking as instructed.

Private Notes

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