

World Gourmet Summit 2006
Culinary Masterclass
Singapore Tourism Board, Auditorium

19 April 2006 / 9.30am – 11.00am

SWEET PEA RISOTTO WITH PARMIGIANO REGGIANO
& ROASTED CHICKEN JUS

Presented by
Masterchef Alessandro Stratta

Serves 4

Ingredients:

Sweet Pea Risotto

- 16g Butter
- 125g White onions, peeled and diced
- 1 cup Vialone nano rice
- 250ml Dry white wine
- 2ltr Chicken stock
- 16g Butter
- 25g Mascarpone cheese
- 125g Sweet pea puree (passed through a sieve)
- 20g Shavings of Parmigiano Reggiano cheese
- Salt and freshly ground pepper, to taste

Roasted Chicken Jus (makes 1 litre)

- 100ml Olive oil
- 15 Chicken wings
- 2 Garlic cloves, halved lengthwise
- 2ltr Chicken stock

Garnish

- 40g Reggiano cheese shaving



Method

1. For the sweet pea risotto: Heat butter in a heavy saucepan over low heat until melted. Add the diced onions and sweat until translucent and soft, for about 10 minutes. Season and add the rice. Evenly coat the rice grains with the butter and onion mixture and continue to stir until rice begins to crackle.

Deglaze with the dry white wine and reduce until the wine has evaporated. Cover the rice with simmering chicken stock and stir. Increase to medium heat and stir the rice continuously and repeating the process until all of the liquid is absorbed and the rice becomes al dente.

Continue to stir and add the butter, mascarpone and pea puree. Stir and season and check that rice has only a mild texture, add the shavings of Parmigiano Reggiano cheese and serve immediately. The entire process should take around 18 minutes.

2. Roasted chicken jus: Heat the olive oil in a heavy roasting pan over high heat until it begins to smoke. Add the chicken wings and cook to a light golden brown. Add the garlic and place in a preheated convection oven at 180°C for 2 hours, or until dark golden brown.

Remove from the oven and deglaze with 700ml of chicken stock and scrape the bottom of the roasting pan. Add the remaining chicken stock and bring the mixture to a boil on a stovetop. Return to the oven and bake the stock for 4 hours, stirring every hour for even browning. Remove the roasting pan from the oven and allow 10 minutes for the stock to cool and infuse.

Strain the stock through a sieve and then strain again through a fine mesh colander (chinois) into a heavy sauce pot. Reduce the liquid slowly to 700ml, degreasing as many times as possible. Strain and cool in an ice bath until it is thoroughly chilled. Refrigerate overnight, removing $\frac{3}{4}$ of the fat that rises to the surface.

3. Ladle the hot risotto onto the center of each serving bowl. Drizzle around the edge of the risotto with the hot jus and finish with shavings of the Parmigiano Reggiano cheese.