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Quinoa Risotto Milanese

By Susie Inventosch



Quinoa Risotto Milanese Photo provided

INGREDIENTS

- 1 1/2 cups vegetable or chicken broth
- 1 1/2 cups goat milk
- 2 large pinches of saffron threads (optional)
- 1 tablespoon butter
- 1 tablespoon thinly sliced leeks
- 1/4 cup minced shallots
- 1/4 cup white wine
- 3 cloves garlic, minced
- 1 cup uncooked quinoa
- 3/4 cup grated Parmesan, Manchego, or other dry aged cheese
- 1/4 cup scallions, thinly sliced
- 1/2 medium red pepper, diced

DIRECTIONS

1. Rinse and drain the quinoa three times, using a fine mesh strainer to remove the bitter outer coating. Set aside.
2. In a medium sauce pan on low heat, slowly heat broth and goat milk together until hot. Add saffron threads

and stir gently. Keep liquid on low heat until ready to use. Do not allow to boil.

3. Heat butter in a large sauté pan or Dutch oven over medium-high heat. Add leeks and shallots and cook until caramelized, about 15-20 minutes. Deglaze pan with white wine and while stirring constantly, scrape up the fond (the flavorful browned remnants that stick to the bottom of the pan) and incorporate into vegetables.

4. Add garlic and quinoa and continue stirring a minute or two.

5. Stir in 2 cups of the broth and milk and bring to a boil, then reduce heat to low and simmer until quinoa is tender, stirring occasionally, approximately 10-12 minutes.

6. Stir in remaining broth and milk, cover, and continue cooking until liquid has nearly evaporated, about 30-35 minutes. Then, add grated cheese and stir until melted through. Fold in scallions and diced red pepper. Taste and add sea salt and pepper to taste if desired.

7. Transfer to a serving platter or onto individual plates and garnish with a little more grated cheese and scallions if desired. Serve immediately. Can be enjoyed as a side dish or as a lighter main dish.

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