



SUNSHINE LEMON RISOTTO WITH SMOKED SALMON

Risotto al limone con salmone affumicato

45 MIN • ADEPT • ITALIAN



INGREDIENTS

FOR THE RISOTTO

Serves 2

- 200g Carnaroli or Arborio rice
- 130g smoked salmon, roughly torn or cubed, a few strips reserved for serving
- 100g green peas, fresh or frozen
- 1 shallot or small white onion, very finely diced
- 90ml dry white wine
- 750ml vegetable or fish broth, kept hot
- 45ml heavy cream (20 to 30%)
- 40g cold unsalted butter, cubed
- 1 tbsp avocado or olive oil
- 1 lemon, zest and juice
- Fresh or dried dill
- Salt and black pepper to taste

INSTRUCTIONS

STAGE 1: PREPARE THE INGREDIENTS

1. Pour the broth into a small saucepan and bring it to a gentle simmer. Keep it hot on a back burner throughout cooking. Cold broth will shock the rice and disrupt the starch release.
2. Finely dice the shallot or white onion, cutting it as small as possible, and take your time on this step. Zest the lemon and squeeze the juice. Set both aside.
3. Tear or cube the smoked salmon, keeping a few strips aside for serving.

STAGE 2: TOSTATURA

1. Heat the oil in a wide, heavy-bottomed saucepan over medium-low heat. Add the onion and a pinch of salt. Cook for 6 to 8 minutes, stirring occasionally, until fully soft and translucent. The onion should have no colour at all: this is sweating, not caramelizing.
2. Add the rice all at once and raise the heat slightly. Stir constantly for 1 to 2 minutes until the grains turn slightly translucent at the edges and you hear a faint dry toasting sound. This is the tostatura: it coats each grain in fat, seals the starch, and helps the rice absorb liquid evenly rather than turning to paste.
3. Pour in the white wine and stir immediately. Let it bubble and evaporate completely, about 1 to 2 minutes. The alcohol cooks off and what remains is a gentle acidity that balances the richness of the butter and cream later.

STAGE 3: ADDING THE BROTH

1. Add one ladle of hot broth (about 80ml) to the rice. Stir constantly, keeping the rice moving in the pan. When the liquid is almost fully absorbed and you can draw a clear line through the rice with your spoon, add the next ladle.
2. Continue adding broth ladle by ladle, always waiting for absorption before adding more. This takes 16 to 18 minutes in total. Do not rush it: this patient stirring is what develops the creamy texture from the starch inside each grain.
3. Three minutes before the rice is ready, add the peas directly to the pan. They will cook through gently in the remaining time without losing their colour.
4. Taste the rice. It should be al dente: cooked through but with a very slight resistance in the centre, not hard and not mushy. There should still be a little liquid movement in the pan. Remove from the heat.

STAGE 4: MANTECATURA AND FINAL STEPS

1. Add the cold butter cubes, cream, lemon zest, a squeeze of lemon juice, and the torn smoked salmon.
2. Stir vigorously in circular movements for 30 to 40 seconds. This is the mantecatura: the cold butter emulsifies into the hot starch and creates the silky, glossy texture that defines a proper risotto.
3. Cover the pan and let it rest for 2 minutes.
4. Taste for salt. Smoked salmon is salty, so you may not need to add any. Adjust the lemon juice to your preference. If the risotto seems too thick, add one small ladle of hot broth and stir it through.
5. Serve immediately in warm bowls. Top with the reserved salmon strips, fresh dill, a grind of black pepper, and a drizzle of olive oil if you like.

NUTRITIONAL VALUE

Per serving (approx. 400g, based on 2 servings):

~660 kcal

CALORIES

28g

TOTAL FAT

65g

CARBOHYDRATES

32g

PROTEIN



LANTERN KITCHEN STORIES