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Avocado Risotto with Grilled Salmon and Roasted Jalapeno Peppers



Photo Susie Iventosch

(Serves 4-6)

INGREDIENTS

Salmon

4-6 salmon filets, seasoned and grilled to desired doneness

Risotto

2-3 tablespoons canola or olive oil

3 green onions, finely chopped

2 shallots, finely chopped

1-2 cloves garlic, minced

1 1/2 cups Arborio rice

2 medium tomatoes, coarsely chopped

1 avocado, pitted and coarsely chopped

1/3 cup minced fresh cilantro

1/2 cup white wine

3 cups chicken broth

1/4 cup blue goat cheese or Cotija cheese

1/2 teaspoon sea salt

1/2 teaspoon black pepper

1/2 teaspoon white pepper

Garnish

1-2 large jalapenos, seeded, and *roasted and sliced into long strips

(can also chop roasted jalapeno and add right into risotto)

1 avocado, thinly sliced

Fresh cilantro sprigs

1/4 cup blue goat cheese or Cotija cheese

DIRECTIONS

Using two pots, heat chicken broth in one and in the other heat oil over medium heat and add garlic, shallots and green onions. Cook until onions are translucent and then add the Arborio rice and cook until just shiny and slightly browned, stirring all the while.

Stir in the white wine and cook over medium heat until the wine is absorbed. Then add one cup of broth and cook until broth is absorbed, stirring often. Repeat adding a second cup of broth. When this cup is absorbed, add diced tomatoes and diced avocados and stir into risotto, before adding final cup of broth. Stir until all broth is absorbed and then stir in the cheese.

Serve with a grilled salmon filet or chicken breast, and garnish with roasted jalapeno strips, slices of avocado and a sprinkling of crumbled blue goat cheese or Cotija cheese and a cilantro sprig.

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