

Creamy Risotto

SERVES 5

1. 2 tablespoons unsalted butter
1 small yellow onion, finely chopped
2 cups Arborio rice
2. 1 cup dry white wine
4 cups low-sodium chicken broth
3. 1 cup grated Parmesan
1/2 teaspoon kosher salt
1/4 teaspoon black pepper

Cooking Procedures:

1. Melt the butter in a large saucepan over medium heat.
Add the onion and cook for 3 minutes.
Add the rice and cook, stirring constantly, for 2 minutes.
Reduce heat to medium-low.
2. Add the wine and cook, stirring frequently, until the liquid is absorbed.
Add the broth, 1/2 cup at a time, stirring occasionally and waiting until it's absorbed before adding more.
It should take about 30 minutes for all the broth to be absorbed.
3. Remove from heat and stir in the Parmesan, salt, and pepper.
Spoon into individual bowls. Serve immediately.

Recipe Inspired by Chef Lyle Kennedy 817-2433



Halibut with Fennel Puree

Serves 4

1. 1 Large Fennel Bulb, about 8oz/250g, trimmed and medium diced
1 Carrot, peeled medium diced
2 teaspoons minced fresh cilantro leaves
2 Tablespoons extra virgin olive oil
2. 16 Tablespoons of extra virgin olive oil
Salt and freshly ground pepper
1 Tomato, peeled, seeded and chopped, concasse
Juice of 1 Lime
Minced Fresh dill to taste
3. 4 pieces of Halibut

Cooking Procedures:

1. To make the fennel puree:
Steam the fennel and carrot in a covered steamer over rapidly simmering water for 30 minutes, or until tender.
Remove from heat and transfer to a food processor. Add the cilantro and puree.
Stir in 2 Tablespoons of the olive oil, set aside and keep warm.
2. In a medium bowl, whisk together 6 Tablespoons of the olive oil, the tomato, lime juice, dill, salt and pepper until combined, set aside.
3. Pan sear Halibut until browned on the outside and opaque throughout. About 4 minutes each side.
To serve, pour a little of the olive oil mixture onto each plate.
Place oval shaped scoop of the fennel puree onto each plate.
Arrange piece of Halibut and garnish with dill.

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