



IL MITO is located at 6913 W North Avenue, Wauwatosa

## FEKERS BEET AND CHICKEN RISOTTO

SERVES 4 ENTRÉE SIZE OR 8 APPETIZER SIZE

### INGREDIENTS

- 16 oz chicken breast, diced
- Zest of 1 lemon (first zest then juice)
- 2 cloves garlic chopped
- 2 medium-size fresh beets, washed, peeled and diced fine
- 1/4 cup Italian Parsley, chopped fine
- 1/4 cup of fresh basil, chopped fine
- 1/8 cup fresh Thyme, chopped fine
- 1/8 cup of tarragon, chopped fine
- 4 Tbsp unsalted butter
- 4 oz of extra virgin olive oil
- 2 cup Arborio Rice
- 2 cup white wine (drinkable Sauvignon Blanc or Chablis preferred)
- 6 cups of chicken broth (if store bought/sodium free)
- 4 oz Parmigianino
- 4 oz Goat cheese
- Sea Salt to taste
- White pepper to taste

### DIRECTIONS

1. Bring Stock to a boil and allow to simmer.
2. In heavy-bottom sauté pan melt 1/2 of the butter and 1/2 of the olive oil. Briefly sauté onion and garlic until lightly golden brown.
3. Add rice, beets and all chopped herbs and stir until grains are shiny.
4. Add wine and let evaporate over high heat.
5. Then add 1 cup/8 oz of stock and turn heat down to medium high.
6. As the rice absorbs the stock add more, 1 cup at a time.
7. After about 15 minutes, add chicken and allow to simmer until cooked through.
8. Do a taste test. When risotto is creamy and grains are firm yet tender, it's ready for the next step.
9. Add lemon zest, season to taste with salt and pepper.
10. Remove from heat, add Parmigianino and remaining butter and olive oil. Gently fold with a spatula until the rice and cheese are melted and incorporated.
11. Place on serving platter, crumble your Goat cheese and sprinkle over your creation. Enjoy!