

Date-Night Risotto (Valentine's Day Special)

Recipe group	Additional name				Diet factors	Portions	Portion size
-						25	8.74 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	1.563 gal			12 lb 8.00 oz	0% 12 lb 8.00 oz Vegetable stock <i>Seasoned</i>	Begin by heating the vegetable stock to a low simmer (covered, to limit evaporation).
2	6 1/4 tbsp ~ 1 1/8 qt			0 lb 2.98 oz 0 lb 14.72 oz	0% 0 lb 2.98 oz 0% 0 lb 14.72 oz Olive oil, extra virgin Leeks, (bulb and lower leaf-portion), raw <i>Well-rinsed and sliced thin</i>	Warm the first amount of olive oil over medium heat in a wide skillet. Add the leeks and cook for 2 min, or until translucent.
3	~ 1 1/2 qt 6 1/4 tbsp			2 lb 12.09 oz 0 lb 2.98 oz	0% 2 lb 12.09 oz 0% 0 lb 2.98 oz Rice, white, short-grain, raw, unenriched Olive oil, extra virgin	Add the rice and the second amount of olive oil. Stir to coat the grains and toast them lightly.
4	~ 3 1/4 cup			1 lb 10.01 oz	0% 1 lb 10.01 oz Alcoholic beverage, wine, table, white, Semillon	When the grains have a nutty aroma, add white wine and cook until mostly absorbed.
5	12 1/2 tbsp			0 lb 7.58 oz	0% 0 lb 7.58 oz Miso <i>Mellow white</i>	Add the miso paste and stir to combine.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6	~ 1 cup	131 g	0%	131 g	Garlic, clove, raw <i>Whole, peeled and gently smashed</i>	Add 1 cup hot vegetable stock and the smashed garlic cloves.
7						Agitate the pan (don't stir too much at first -- this breaks the grains).
8	~ 1 1/2 qt	3 lb 8.25 oz	0%	3 lb 8.25 oz	Artichoke hearts <i>Frozen, sliced into bite-size pieces</i>	When reduced almost completely, add 1 cup stock and agitate until reduced. Continue adding stock in increments and agitating the pan until the rice is al dente and you're able to "draw" in the risotto with a wooden spoon. Add the artichoke hearts and chicken with the final cup of stock.
		3 lb 2.00 oz	0%	3 lb 2.00 oz	Hungry Planet Diced Grilled Chicken	
9	6 1/4 tbsp	0 lb 3.09 oz	0%	0 lb 3.09 oz	Vegan butter <i>Or olive oil</i>	Remove from heat and stir in the vegan butter (or olive oil), vegan parmesan (or feta), parsley, lemon juice, and lemon zest. Taste and adjust flavors (salt, pepper, lemon, parsley, and/or miso) as desired.
	~ 1 1/2 cup	0 lb 5.47 oz	0%	0 lb 5.47 oz	Vegan parmesan, dry, grated <i>Or vegan feta cheese, crumbled</i>	
	~ 1 1/2 cup	0 lb 2.81 oz	0%	0 lb 2.81 oz	Parsley, Italian, fresh, chopped	
	6.3 ea	0 lb 7.50 oz	0%	0 lb 7.50 oz	Lemon, juiced and zested	
		0.00 lb	0%	0.00 lb	Salt, kosher, Diamond Crystal <i>To taste</i>	
		0.00 lb	0%	0.00 lb	Spices, pepper, black <i>To taste</i>	

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
10	~ 1 1/2 cup	0 lb 5.47 oz	0%	0 lb 5.47 oz	Vegan parmesan, dry, grated	Garnish with extra cheese, parsley, and red pepper flakes (optional). Serve immediately with toasted bread.
					<i>Or vegan feta cheese</i>	
	~ 1 1/2 cup	0 lb 2.81 oz	0%	0 lb 2.81 oz	Parsley, Italian, fresh, chopped	
	12 1/2 tsp	0 lb 0.71 oz	0%	0 lb 0.71 oz	Red pepper flakes	

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	27 lb 5.08 oz	50 %	13 lb 10.54 oz	0 %	13 lb 10.54 oz
Size of portion	17.48 oz		8.74 oz		8.74 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives	g	% of energy	Calories	Minerals	
				g	%
Total fat	5.94	28.55 %	183.98 kcal	Salt	0.79 g
Saturated	1.57	7.52 %	769.77 kJ	Salt	0.79 %
Monounsaturated	2.57	12.37 %	0.77 MJ	Sodium	314.02 mg
Polyunsaturated	0.70	3.37 %		Phosphorus	54.94 mg
Trans	0.00	0.00 %		Potassium	215.52 mg
Cholesterol	0.00	0.00 %		Iron	1.31 mg
Linolenic acid	0.40			Calcium	35.42 mg
Alpha-linolenic acid	0.00			Zinc	0.50 mg
Total Carbohydrate	24.59	54.30 %		Magnesium	25.45 mg
Sugars	0.78	-0.10 %		Iodine	0.00 µg
Sugar	0.00			Selenium	0.66 µg
Lactose	0.00			Copper	0.13 mg
Fiber	2.44	2.53 %			
Organic acids	0.00	0.00 %			
Sugar alcohol	0.00	0.00 %			
Starch	0.00	0.00 %			
Protein	6.36	14.05 %			
Alcohol	1.20	4.53 %			
				Others	
				Water	22.71 g