

Saffron Risotto with English Peas

4 Tbl.	Olive Oil	<i>Monounsaturated fats as well as Vitamins E & K</i>
1 cup	Onions – Minced	<i>Vitamins B6 and C, Biotin, Chromium, Fiber</i>
1 Cup	Leeks – Sliced Thin	<i>Manganese, Vitamin B6, Vitamin C, Folate, Iron</i>
1 ½ cup	Arborio Rice	
2 teas.	Garlic – Minced	<i>Allicin and Sulfides</i>
1 tsp.	Spanish Saffron	
½ cup	White Wine	
6 1/2 cups	Chicken Stock (Hot)	<i>Niacin, Selenium</i>
1 cup	Blanched English Peas	<i>Vitamins A, B, and C, Niacin and Iron</i>
½ cup	Parmesan - Grated	
4 Tbl.	Butter – Unsalted	
3 Tlb.	Fresh Chopped Parsley	<i>Vitamin C, Folic acid, Iron, Magnesium, Calcium, Zinc, Fiber</i>
3 Tbl.	Fresh Chopped Chives	<i>Vitamin K, A, C, Folate</i>
2 Tbl.	Fresh Basil	<i>Vitamin K, A & C, Iron, Calcium, Manganese, Magnesium</i>
To Taste	Fresh Milled Pepper and Kosher Salt	

Method:

1. Sauté onions and leeks in olive oil until translucent. Do not brown. Add rice, Garlic and Saffron and sauté 2 to 3 minutes.
2. Wine and ½ cup of hot stock stirring constantly until absorbed. Slowly add stock, ½ cup at a time, until rice is creamy but still firm.
3. Add blanched English peas and stir in.
4. Add butter, parmesan, herbs & salt and pepper.
5. Enjoy warm or pour into a lightly oiled 6 x 11 baking pan and cool. Cut to desired shape lightly flour and sauté 2 to 3 minutes on either side

Chicken Stock is also a good source of the trace mineral, selenium. Selenium is of fundamental importance to human health. It is an essential component of several major metabolic pathways, including thyroid hormone metabolism, antioxidant defense systems, and immune function.

Onions

Like Garlic, is a member of the Lilli family. They are a great source of vitamins B6 and C, biotin, chromium, and dietary fiber. They are a good source of folic acid and vitamin K

Garlic:

Garlic is known for its cold fighting abilities. It increases the potency of two important cells of the immune system: T-lymphocytes and macrophages. The immune boosting properties of garlic appear to be due to its sulfur-containing compounds, such as allicin and sulfides.

Parsley: Parsley is rich in chlorophyll and carotenes. It is a great source of vitamin C, folic acid and iron. It is a source of minerals including magnesium, calcium, potassium and zinc. Parsley is loaded with dietary fiber.



HENRY FORD
WEST BLOOMFIELD HOSPITAL

6777 W. Maple Road • West Bloomfield

From the recipe file of Chef Frank Turner