

Crab Risotto

2 cups low-salt chicken broth
3/4 cup water
1 teaspoon olive oil
3 tablespoons finely chopped onion
3/4 cup uncooked Arborio or other short-grain rice
3 tablespoons dry white wine
8 ounces lump crabmeat, drained and shell pieces removed
3 tablespoons minced fresh parsley
1/2 teaspoon dried basil
2 tablespoons grated Parmesan cheese
2 cups sliced mushrooms (optional)
7 ounces artichoke hearts, quartered (optional)

1. Combine broth and water in a saucepan (do not boil). Keep warm over low heat.
2. Heat oil in a medium saucepan over medium-high heat. Add onion; sauté 2 minutes. If using, add mushrooms and sauté 1 minute more. Add rice; reduce heat to medium and cook 3 minutes, stirring constantly. Stir in wine; cook until the liquid is nearly absorbed, stirring constantly. Add broth mixture, 1/2 cup at a time, stirring constantly; cook until each portion of broth is absorbed before adding the next (about 20 minutes). Stir in crabmeat, artichokes (if using), parsley, and basil; cook 2 minutes or until thoroughly heated, stirring constantly.
3. Spoon onto plates; sprinkle with cheese.

Makes 2 servings (serving size: 1-1/2 cups risotto and 1 tablespoon cheese).

Source: Cooking Light, via MyRecipes.com

Comments: Found this recipe on the internet on my new BlackBerry phone while we were at anchor in Port Harvey, BC, in July, 2008. It was great to find that Verizon Wireless service was available here—not only did we have access to marine weather information over the internet, but also access to Google and could look up recipes for crab risotto! We had some crab left from our catch in Potts Lagoon, and some mushrooms we got at Greenway Sound (which I added to the dish), and felt that a rice dish would be nice on this stormy day that has us anchored here waiting for better weather before heading south in Johnstone Strait. I also added some quartered artichoke hearts and stirred in the Parmesan cheese (rather than sprinkling it as the recipe suggested).

This was a fantastic meal! Jim says restaurant quality and the best of the trip. I definitely will make this again, and perhaps try it with prawns. It did create LOTS of steam, however, so it was good to be able to have our ports open so that there was a good draft to clear the air while this cooked.