



SHRIMP RISOTTO

Category: Popular

Published: January 16, 2025

Shrimp Risotto

Shrimp risotto is a luxurious and creamy Italian dish that pairs tender, succulent shrimp with rich, buttery risotto. The creamy texture of the rice combined with the savory flavors of garlic, wine, and shrimp creates an unforgettable dish that's perfect for a special dinner or a comforting meal. While it may take a bit of patience to cook, the result is well worth the effort.

The key to perfect risotto is stirring constantly, allowing the rice to absorb the flavors and gradually release its starch, creating a velvety, creamy consistency. This shrimp risotto is a seafood lover's dream and can be customized with fresh herbs and lemon for extra flavor.

Ingredients

For the Risotto:

1 pound large shrimp, peeled and deveined

1 1/2 cups Arborio rice (risotto rice)

4 cups low-sodium chicken broth or seafood stock

1/2 cup dry white wine

1 small onion, finely chopped

2 cloves garlic, minced

2 tablespoons unsalted butter

2 tablespoons extra-virgin olive oil

1/2 cup grated Parmesan cheese

1/4 cup fresh parsley, chopped

1 tablespoon fresh lemon juice

Salt and pepper, to taste

For Garnish (Optional):

Lemon wedges

Extra Parmesan cheese

How to Make

Step 1: Prepare the Shrimp

Heat 1 tablespoon of olive oil in a large skillet over medium-high heat.

Add the shrimp to the skillet and cook for 2-3 minutes on each side, or until they turn pink and opaque.

Remove the shrimp from the skillet and set them aside. Once cooled, chop them into bite-sized pieces.

Step 2: Prepare the Broth

In a separate saucepan, heat the chicken broth or seafood stock over low heat. Keep the broth warm throughout the risotto cooking process.

Step 3: Sauté the Vegetables

In a large pot or deep skillet, heat the remaining tablespoon of olive oil and 1 tablespoon of butter over medium heat.

Add the chopped onion and sauté for 3-4 minutes, or until it becomes soft and translucent.

Add the minced garlic and cook for an additional minute, stirring constantly to avoid burning.

Step 4: Toast the Rice

Stir in the Arborio rice, allowing it to toast lightly in the butter and oil for 2-3 minutes. The rice should begin to look translucent around the edges.

Pour in the white wine and let it cook for 1-2 minutes until mostly absorbed by the rice.

Step 5: Cook the Risotto

Begin adding the warm broth, one ladle at a time, to the rice mixture. Stir constantly and allow the rice to absorb the liquid before adding more broth. Continue this process for about 18-20 minutes, or until the rice is creamy and tender with a slight bite (*al dente*).

Be patient during this process, stirring constantly to release the starches and create the creamy texture.

Step 6: Finish the Risotto

Once the rice is cooked to your liking, stir in the remaining tablespoon of butter, the grated Parmesan cheese, chopped parsley, and lemon juice.

Gently fold in the cooked shrimp and season with salt and pepper to taste. Stir everything together until well combined and the shrimp is warmed through.

Step 7: Serve and Garnish

Spoon the risotto into serving bowls and garnish with extra Parmesan cheese, fresh parsley, and lemon wedges for a burst of freshness.

Serve immediately while the risotto is creamy and hot.

Chef's Note

Stir Constantly: The key to a successful risotto is stirring. Constant stirring helps the rice release its starch, creating the signature creamy texture.

Broth Temperature: Always use warm broth or stock to add to the rice. Cold broth can slow the cooking process and affect the texture.

Rice Texture: If you prefer a creamier risotto, you can add a bit more broth as the rice cooks, depending on your desired consistency.

Shrimp Cooking Tip: Be careful not to overcook the shrimp. They should be added toward the end of the cooking process just to warm through.

Wine Selection: A dry white wine, like Sauvignon Blanc or Chardonnay, works best in this dish, as it adds acidity and depth

of flavor.

Make it your own: Feel free to add a dash of chili flakes for a hint of spice or mix in some freshly grated lemon zest for an extra citrus punch.

Nutrition Information (per serving, serves 4)

Calories: 400

Protein: 30g

Carbohydrates: 45g

Fat: 15g

Fiber: 2g

Sugar: 3g

Sodium: 600mg

Shrimp risotto is a delightful, satisfying meal that beautifully combines the creamy richness of the risotto with the savory shrimp. With fresh herbs, Parmesan, and a touch of lemon, this dish is a crowd-pleaser and perfect for any occasion. Whether you're looking for a comforting weeknight meal or a special dish to serve guests, shrimp risotto is sure to impress with its luxurious flavors and creamy texture.