



Risotto with Shrimp & Zucchini

意式青瓜鮮蝦燴飯

Serve份量 4

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Ingredients 成份		Quantity 份量
Unsalted Butter	無鹽牛油	4 tbsps 湯匙
Olive Oil	橄欖油	2 tbsps 湯匙
Finely Chopped Onion	洋蔥幼粒	1/4 cup 杯
Arborio Rice	米	2 cups 杯
White wine	白酒	1/2 cup 杯
Chicken Stock (heated until hot)	清雞湯 (煮熟)	6 cups 杯
Small to medium shrimp, shelled & deveined	小至中型鮮蝦 (去殼去腸)	450g 克
Zucchini, ends removed, cut in half lengthwise, sliced	小意大利青瓜 (去頭尾，切半後切片)	3 pcs 個
Fresh Parsley	鮮意大利番茜碎	1/2 cup 杯
Parmesan Cheese, grated	巴馬臣芝士碎	1/2 cup 杯



Tips 貼士

- ❶ Never wash the rice when cooking risotto, the starch in the rice starch will help to make risotto creamy.**
煮意大利燴飯時緊記不用洗米，因米粒上的澱粉是構成燴飯濃稠的要素。

❷ Always add hot broth; one tablespoon at a time, stir until the broth is absorbed before adding more broth.
要確保加入熱的上湯；烹煮時每次只可加入一湯勺熱湯，煮至收乾後才加入另一勺。

❸ Agitating the rice is important; the risotto's creaminess depends on the starch generated when grains of rice rub against each other.
同時要不停攪動，讓米飯的澱粉質釋出，煮好的飯才會黏濃郁。

Direction 煮法

- ❶** In a heavy saucepan, heat 2 tablespoons of butter with the olive oil. Add onion and cook until translucent over medium heat.
取一大平底鑊，下橄欖油及一半牛油加熱，下洋蔥以中火炒至透明。

❷ Add rice and stir until it is well coated with the butter and oil.
加入米，拌勻至米粒均勻裹上油分。

❸ Add wine, stir continually over medium heat until it is absorbed.
注入白酒，不停攪拌，用中火煮至收乾。

❹ Add 1/2 cup of hot broth, stirring until it is absorbed. Repeat the step, for about 1 minutes, then add the zucchinis and continue cook for another 7 minutes.
加入1/2杯熱雞湯，不停攪拌至收乾，重複此步驟約10分鐘，加入青瓜，再煮約7分鐘。

❺ Add shrimps, cook until rice is al dente.
加入蝦，續煮至米飯熟透及軟硬適中。

❻ Remove from heat and add the remaining butter, parsley and cheese. Serve.
關火，加入餘下牛油、番茜碎及芝士，輕輕拌勻即可。