



Fennel and Sweet Italian Sausage Risotto

Preparation Time: 8 mins

Cooking Time: 38 mins

Serves: 6

Difficulty: Easy

INGREDIENTS

1 large fennel bulb, halved, cored, and thinly sliced
1lb/ ½ kg Sweet Italian sausage
3 tablespoons olive oil
1 small onion finely chopped
5 ½ cups organic chicken stock/broth
½ cup sauvignon blanc
½ cup freshly grated pecorino cheese
1 tablespoon butter
Sea salt and fresh ground black pepper
Pinch of saffron threads
1 ½ cups arborio rice
¼ cup chopped Italian parsley

Note:

Sweet Italian sausage – if in actual sausages, remove sausage casing and break up into small pieces.

Pancetta is a great alternative to sweet Italian sausage

DIRECTIONS

1. In a large frypan, heat 1 tablespoon olive oil and cook sausage over high heat, breaking up the meat as you go, until lightly browned.
2. Add fennel, cooking until softened and lightly browned, stirring occasionally. Set aside, cover, and keep warm.
3. Warm up chicken broth.
4. In large frypan, heat remaining 2 tablespoons of olive oil, add onion, cooking over medium heat until softened.
5. Add rice, cooking for 1 minute stirring constantly. You want to coat the rice in the olive oil.
6. Add saffron (break up) and white wine, stirring until the wine is absorbed.
7. Add 1 cup of warm chicken stock/broth, stirring constantly over medium heat until nearly absorbed.
8. Continuing add ½ a cup of stock at a time, repeating step 7, until rice is al dente, thick and creamy. Approx. 20 mins total
9. Stir in sausage and fennel mix, butter, pecorino cheese, and parsley, then season with salt and pepper.