

# Edamame Risotto with Cilantro/Lime Pesto

Our meal tonight starts with rice, an ancient food of the Arabs and Spaniards. It was later adapted in the kitchens of Italy to become Arborio rice.

With Arborio rice in hand, we'll make risotto. We'll fold additional cultures into the meal as well. Mediterranean and North-African countries contribute to the plate with the use of a cilantro/lime pesto. The protein in the dish comes from edamame beans with roots in East Asia. Hang out your United Nations flags and enjoy!

**Preparation time: 45 minutes - Servings: 4**

## Organize Your Ingredients!

### Notes on Organizing

Prep items in all boxes. Organize ingredients on small plates or in bowls so they are easy to add. Once that's done you're off and running. Prep 3 cloves of garlic today: 1 whole clove for the pesto and 2 chopped cloves for the risotto.

### Cilantro/Lime Pesto

1/2 C. peanuts  
1-1/2 C. or 1 bunch of cilantro (tightly packed)  
1/2 tsp. Asian garlic pepper sauce  
2 T. fresh lime juice  
1 clove garlic (whole, peeled)  
1/4 C. canola oil  
and  
3 tsp. sesame oil  
1/3 C. shredded Parmesan cheese

### Salad and Dressing

Fixings for a green salad

#### Quick Honey/Mustard Dressing:

2 T. olive oil  
3 T. Balsamic vinegar  
2 tsp. prepared mustard  
1 tsp. honey  
1/4 tsp. garlic powder  
1/4 tsp. onion powder  
1/3 C. low-sodium vegetable broth

### Edamame Risotto

1-1/2 C. frozen or fresh shelled edamame  
1/2 C. low-sodium veggie broth  
juice from 1/2 of a lime  
2 cloves garlic (smashed and chopped)  
  
1 tsp. olive oil  
1-1/2 C. sliced cremini mushrooms  
  
2/3 C. chopped sweet onion  
1 tsp. olive oil  
1 C. arborio rice  
3 C. low-sodium veggie broth  
2 dashes Tabasco  
  
1/2 C. Cilantro/Lime Pesto  
3 T. shredded Parmesan

### Garnish

4 T. shredded Parmesan cheese  
2 Roma tomatoes (chopped)

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

You'll be making Cilantro/Lime Pesto first. Now you're ready to proceed with cooking the risotto.

Risotto takes a little time at the stovetop, but it's totally worth it.

### Cilantro/Lime Pesto

1. Place all ingredients in food processor and grind until fine.
2. Reserve 1/2 C. pesto for tonight's meal.
3. Store leftover pesto in fridge in an air-tight container. Cover the pesto with a little vegetable oil (or olive oil) before securing the lid.
4. When using pesto stored in the fridge, scrape back the oil on top and spoon off desired amount. Re-cover with oil. Cilantro pesto will keep a few weeks when stored this way.

### Edamame Risotto

1. Measure fresh or frozen edamame into a medium-sized bowl. Add broth, lime juice and chopped garlic. Microwave 2-minutes. Set aside.
2. Brown sliced mushrooms in olive oil in a small pan. Set aside.
3. Place onions and olive oil in a deep saucepan over medium-high heat. Toss about 30 seconds. Add rice and toss for a minute or so to thoroughly heat the rice.
4. Add 1 cup broth and stir slowly until absorbed. Stir Tabasco into the remaining 2 C. broth and add half to rice mixture. Continue stirring. Allow rice to absorb most of the liquid. Add remaining broth and stir until rice absorbs most of the broth. Continue stirring slowly. By now the rice should be softer with a little bit of a chewy quality. The Italians call this "al dente" (on the tooth).
5. Stir in the edamame (with liquid) and the measured cilantro/lime pesto, Parmesan and browned mushrooms.  
Turn off heat and cover pan. Stir occasionally as you make salads and dressing.

### Salads, Dressing and Plate the Meal

1. Prepare green salads and make Honey Mustard Dressing. Place dressing ingredients in a small jar with a tight fitting lid and shake well.
2. Serve 1-1/2 C. risotto with 1 T. Parmesan sprinkled over each of the 4 servings. Distribute Roma tomatoes over servings as a garnish.

### What I've Learned from this Recipe

Some people insist that risotto should be served while still creamy in texture with the rice feeling slightly al dente (firm) in the mouth. I like my rice to be on the softer side which can result in a less creamy risotto as the rice absorbs the extra liquid.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)