



Stout Risotto with Mushrooms, Shrimp and Watercress

PAPER & FOOD SERVICE, INC.

Ingredients	Yield: 1 serving
3 oz Laughing bird shrimp, peeled and de-veined	
1 Tlb. Olive oil	
1/2 ea. Garlic, clove, minced	
Pinch Crushed red pepper flakes	
2 oz. Stout	
1 c. Chicken broth	
1 Tlb. Olive oil	
2 oz. Red onion, medium dice	
1/2 ea. Garlic, clove, minced	
3 oz. Arborio rice	
3 oz. Mushroom, Shiitake, sliced	
1/4 c. Fresh watercress, chopped	
t.t. Black pepper, café	
1/2 ea. Lemon, grated rind and juice	
As needed: Parmesan cheese	
1/2 Tlb. Butter	

Preparation Instructions:

1. Put the chicken broth in a pot and bring to a gentle simmer and keep warm.
2. In a saute pan heat the olive oil over medium heat, and briefly saute the garlic and chili pepper flakes. Add the shrimp and cook for one to two minutes, until they begin to turn pink. Add 1 oz. Of the stout and continue to cook for additional minute. Drain, reserving the cooking juices.
3. Now heat the olive oil over medium-high heat in a heavy-bottomed saucepan. Add the onion, garlic and cook until they've begun to soften and get translucent. Reduce heat to medium and add the rice and mushrooms. Continue cooking for additional minute and slowly pour in the reserved shrimp cooking liquid and the remaining stout, stirring until the rice has absorbed almost all the liquid.
4. Begin adding the warm broth, 2 oz. At a time, stirring almost constantly while allowing the rice to absorb each addition. Continue stirring and adding stock until the rice is plump and al dente to soft.
5. Stir in the cooked shrimp, watercress, pepper, lemon juice and rind and cook for additional minute. Stir in the butter to add creaminess to the finished dish. Remove from heat and plate in serving bowl, garnish with plenty of Parmesan cheese.

Ingredients	Product Name	Maines Product Code #	Amount	Cost
Laughing bird shrimp	Laughing Bird	O95750	3 oz.	\$1.11
Olive oil	Trifoglio	370861	1 Tlb.	\$0.06
Garlic	Markon	O97210	1/2 ea.	\$0.01
Crushed red pepper flakes	Culinary Secrets	345615	Pinch	\$0.01
Stout	N/A	N/A	2 oz.	\$0.50
Chicken broth	Culinary Secrets	289336	1 c.	\$0.40
Olive oil	Trifoglio	370861	1 Tlb.	\$0.06
Red onion	Fresh	O97480	2 oz.	\$0.06
Garlic	Markon	O97210	1/2 ea.	\$0.01
Arborio rice	Roland	331120	3 oz.	\$1.05
Mushroom, Shiitake	Fresh	O97452	3 oz.	\$1.05
Fresh watercress	Fresh	O97825	1/4 c.	\$0.25
Black pepper, café	Culinary Secrets	340620	t.t.	\$0.02
Lemon	Fresh	O96185	1/2 ea.	\$0.17
Parmesan cheese	Grande	O11116	As needed	\$0.12

Butter	Grassland	000110	1/2 Tlb.	\$0.04

Recipe Cost	\$4.92
Portion Cost	\$4.92

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
\$14.95	\$4.92	\$10.03	32.91%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
\$15.95	\$4.92	\$11.03	30.85%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
\$16.95	\$4.92	\$12.03	29.03%