



Sir Cyril Fox's Oven-Baked "Risotto"

by Veronica Redgrave of The Westmount Independent

Sir Cyril Fox, Veronica's grandfather, was a distinguished archaeologist and longtime director of the National Museum of Wales. He instilled in her a deep love of the past – and this passion draws her year after year to Italy, cradle of the Roman Empire and birthplace of the Renaissance. During her travels, she fell in love with Italian cuisine. Although her childhood memories are of such classic British dishes as Sunday roasts, today her go-to meals are often pasta or risotto. This oven-baked version, in which the stirring required of traditional risotto is avoided, has become a favourite.

 4 servings

 30 - 60 min

 No

 None

2 tbsp unsalted butter, plus more for greasing
1 small yellow onion, diced
3/4 cup uncooked Arborio rice
1 cup vegetable broth
3/4 cup white wine*
2 cups thinly sliced shiitake mushrooms
1/4 cup dried cranberries
1/2 cup freshly grated Parmesan cheese

Preheat oven to 425°F. Using a small chunk of balled-up wax paper, grease a 1.4-litre oven-safe casserole dish with butter.

Make sure your oven is preheated.

In a large pot, melt butter over medium heat. Stir in onion and cook for about 2 minutes, stirring frequently, until translucent. Stir in rice and cook, stirring constantly, for about 2 minutes longer. Pour in broth and wine, increase heat to high and bring to a boil. Boil for about 3 minutes, untouched, then stir in mushrooms and cranberries.

Transfer to the prepared casserole dish and bake, uncovered, in the preheated oven for about 25 minutes. Stir and bake about 5 to 10 minutes longer, until liquid is absorbed and rice is cooked. Sprinkle with Parmesan and stir to combine. Serve warm.

VERONICA'S TIP

*For a kid-friendly version, replace the wine with an additional 1/2 cup vegetable broth and 1/4 cup unsweetened apple juice.