

Ken's shrimp risotto with preserved lemons

1 pound medium shrimp

4 plum tomatoes, washed

8 cups fish, seafood or vegetable stock

5 tablespoons butter

¼ cup shallots, chopped into ¼ inch dice

2 cups Cannaroli or Arborio rice

1 cup white wine

½ preserved lemon, seeds removed and the entire thing chopped into ¼ inch dice

¼ cup chopped parsley

Peel and devein the shrimp and put the shells in a saucepan. Cut the shrimp crosswise into ¾ inch pieces. Cover and refrigerate.

Cut the tomatoes in half and discard the seeds. Using a coarse box grater, grate the flesh of the tomatoes into a bowl. Throw the tomato skins into the saucepan with the shrimp shells.

Pour the stock into the saucepan and set on a medium-high heat. Bring to a boil and then reduce the heat to low and simmer 20 minutes to develop the flavors. Strain out the solids.

Heat 2 tablespoons butter in a large heavy bottomed saucepan over medium heat. When the foam subsides, add the shallots and cook 4 minutes, or until tender. Add the rice and cook 5 minutes, stirring so the butter coats all the rice. Season with salt and pepper.

Add the wine and tomatoes and cook, stirring frequently, until most of the liquid has been absorbed. Add ½ cup of the stock and cook, stirring frequently, making sure that nothing sticks to the bottom of the pan, until most of the stock has been absorbed, then add another ½ cup. Continue adding the stock, ½ cup at a time, waiting until most of it has been absorbed before adding more each time. Stop when you still have 1 cup of stock remaining. The rice should be quite soupy and creamy with a slight amount of resistance when you bite into it.

Stir in the preserved lemon and the shrimp and cook until the shrimp is pink and just cooked through. Remove from the heat and stir in the remaining stock and butter and the mint. If the rice seems too soupy, return the pan to the heat and cook for a minute or two. If the rice seems too dry, stir in some warm water.

Serve immediately.