

Risotto Alla Milanese

Yield: 6 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/beef-marrow-guts-chinese-recipe>

Ingredients:

- 7 cups homemade beef stock or canned low-sodium beef broth
- 1/2 teaspoon saffron threads
- 3 tablespoons extra-virgin olive oil
- 1 cup minced onion
- 2 tablespoons shallots minced
- 2 cups arborio rice
- 1/2 cup dry white wine
- 1/2 teaspoon salt or as needed
- 2 ounces beef marrow cut into 1/4-inch pieces, see LC Mad for Marrow Note above; optional
- 2 tablespoons unsalted butter cut into bits
- 1/2 cup parmigiano reggiano cheese freshly grated
- white pepper or Freshly ground black, to taste

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 60 grams
3. Cholesterol: 15 milligrams
4. Fat: 13 grams
5. Fiber: 3 grams
6. Protein: 14 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 890 milligrams
9. Sugar: 4 grams

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