

Buffalo Chicken Risotto with Celery and Blue Cheese

Serves 4-6

Total time about 1 hour

Ingredients:

4 cups low sodium chicken broth

3/4 cups Frank's Hot Sauce

2 tbsp. honey

1 tbsp Worcestershire sauce

1/2 cup minced celery (plus a little extra for garnish)

1/2 cup minced onion

2 tbsp butter

1 cup arborio rice (if you have never made risotto before, ARBORIO rice is essential. Don't substitute)

1 cup lager beer, heated to hot in microwave

2 cups cooked chicken, cubed

Blue cheese, crumbled

Blue cheese dressing

Method:

1. In a medium saucepan, mix together the broth, hot sauce, honey and Worcestershire. Bring to a simmer, turn off heat and cover.
2. In a large saute pan, melt the butter and sweat the celery and onion until slightly softened, about 5 minutes. Stir in rice and saute until each grain is coated in butter.
3. De-glaze the pan with the hot beer and stir until absorbed, about 1 minute. Add the broth mixture to the rice mixture one half cup at a time. Stir until liquid is absorbed. Stir frequently. Continue until all of the broth mixture is used up. This will take about 45 minutes. Stir in chicken and heat through. Remove from heat.
4. Serve with chopped celery, crumbled blue cheese and blue cheese dressing on top.