

# 🍴 CREAMY SEAFOOD RISOTTO 🍴

**Prep Time:** 10 min | **Cook Time:** 25 min | **Servings:** 4 | **Difficulty:** Medium | **Diet:** Gluten-Free



## Ingredients

- 1 1/2 cups Carnaroli or Arborio rice (320 g)
- 4 cups octopus cooking broth, filtered and kept warm (about 1 liter)
- 14 oz raw shrimp, peeled and deveined (400 g)
- 1 small shallot, finely chopped (about 30 g)
- 1 garlic clove
- 1/2 cup dry white wine (120 ml)
- 2 tablespoons extra virgin olive oil (30 ml total)
- 2 tablespoons lactose-free butter (30 g)
- 2 tablespoons bottarga (grated or thinly sliced) (20 g)
- 2 tablespoons fresh parsley, finely chopped (about 8 g)
- 1 teaspoon lemon zest (finely grated)
- Freshly ground black pepper, to taste
- Salt, only if needed

## How to make step by step

### 1. Cook the shrimp

- Heat a drizzle of extra virgin olive oil with the garlic clove in a pan
- Add the shrimp and sauté for 2-3 minutes until just cooked
- Remove immediately to keep them tender and juicy
- Set aside and discard the garlic

### 2. Heat the octopus broth

- Pour the filtered octopus broth into a saucepan
- Bring it to a gentle simmer
- Keep it warm throughout the entire cooking process (never boiling)

### 3. Prepare the base

- Finely chop the shallot
- In a wide saucepan, sauté it gently with olive oil over low heat
- Cook until soft and translucent, without browning

### 4. Toast the rice

- Add the rice to the pan
- Toast for about 2 minutes, stirring constantly
- The grains should become slightly translucent and hot to the touch

## 5. Deglaze with white wine

- Pour in the white wine
- Let the alcohol evaporate completely while stirring

## 6. Cook the risotto

- Start adding the hot octopus broth, one ladle at a time
- Stir frequently to help release the starch
- Wait until each addition is absorbed before adding more
- Continue cooking for 15–18 minutes until the rice is al dente

## 7. Mantecatura (creamy finish)

- Turn off the heat
- Add the butter and a drizzle of olive oil
- Mix energetically to create a creamy, flowing consistency
- Add finely chopped parsley and black pepper
- Finish with finely grated lemon zest for freshness

## 8. Plate and finish

- Let the risotto rest 2 minutes before serving
- Spoon the risotto onto plates
- Top with the warm shrimp
- Finish with a generous grating or thin slices of bottarga

👉 Video recipe: [https://youtu.be/MsI\\_QgBdJXA](https://youtu.be/MsI_QgBdJXA)