

Tips from the pros

Spice up your holiday meal with this recipe from Hanna Bistro and Bar

Grilled Fish with Pumpkin Risotto

Ingredients

3 T Butter
3 T Olive oil
1/3 Cup diced shallots
2 Cups Arborio Rice
1/2 Cup White Wine
1 Cup Pumpkin Puree
Chicken Broth as Needed
Salt and Pepper
1 t Cinnamon
1 t Ginger
1/2 cup of grated Asiago cheese

Method

Heat butter and olive oil in a sauce pan. Add shallots and cook until soft. Add Arborio rice and stir to coat with oil, continue cooking until rice just starts to brown and immediately add wine. The true object of Risotto is to stir constantly to allow the natural starches develop into a creamy "sauce." Stir the rice and wine until wine is absorbed. Add pumpkin and heat until it starts to bubble. Add chicken broth, stirring constantly, adding the broth in increments of 1/3 of a cup at a time. Continue to do so until you have developed a creamy sauce and the rice is cooked but firm. Add seasonings, taste and adjust as necessary. Serve hot with the cheese and fish.

Grilled Fish

4 pieces of a good firm fish
(Salmon, Escolar, Sea Bass,
Tuna, etc.)

Method: While cooking the risotto have ready a grill and grill the fish to your liking. You may first season the fish with grill spices etc.

Raspberry Balsamic Syrup

1 frozen pack of Raspberries
1/3 Cup Balsamic vinegar

Method: Strain the seeds from the raspberries and combine the juice with the vinegar in a saucepan. Heat to a simmer and reduce until thick. Use this to decorate the plate for presentation, and drizzle slightly on the fish and risotto for a contrasting flavor component.

Hanna is located at 118 Cass St. in Traverse City; 946-8027.



Record-Eagle/Tyler Sipe

Grilled Escolá, a fish native of the Caribbean Sea, and pumpkin risotto, prepared by Jim Milliman of Hanna Bistro and Bar in downtown Traverse City.