



Ingredients - Julie van Rosendaal Cooking Demo

Seniors' Week Webinar

8 June, 2021

We are so happy that you will be joining Proactive Seniors and Julie van Rosendaal for our special Seniors' Week cooking demo webinar and discussion of how seniors can avoid the "tea & toast" trap.

For our cooking demo, Julie will be making risotto. Risotto is a wonderfully simple, versatile, and comforting spring or summer dish, and is easier to make than you might think! It's a great way to use vegetables (like asparagus) and fresh herbs while they're in season, and makes use of leftovers like roasted vegetables, bits of sausage, and cheese ends. The pot of rice and stock also makes a moist, gentle cooking environment for seafood like shrimp and scallops – if you add them right at the end, they will cook through in just a few minutes. It is gluten free and can be vegetarian or vegan, so is a winning recipe for just about everyone.

We invite you to join Julie and to cook alongside her from home. If you wish to make the risotto, this is the list of ingredients that you will need:

2 Tablespoons canola or olive oil (approximately)

2 Tablespoons butter (approximately)

1/2 small onion or 1 shallot, finely chopped

3/4 cup short-grain rice (such as Arborio)

Splash of wine (optional)

4 cups low-sodium chicken or vegetable stock (or salted water)

1/2 cup freshly grated Parmesan cheese

Any additions you'd like, such as fresh asparagus, other vegetables, fresh greens or basil, fresh seafood

You can make any quantity of risotto by sticking to a ratio of approximately 1 part rice to 4 parts stock (or salted water). If you're cooking for one, approximately 1/4 cup uncooked rice will do as a starting point.

Please email heather@proactiveseniors.ca with any questions, and we look forward to seeing you on June 8th at 1:00pm MST!