

Blue cheese and radicchio risotto

SERVES 8 | 50 MINUTES

Though Carnaroli and Arborio rices are traditional for risotto, we discovered that less-expensive sushi rice, such as Nishiki, works well too (our tasting panel could hardly tell the difference).

10 to 12 cups reduced-sodium or homemade chicken broth*

3 tbsp. olive oil, divided

2 tbsp. plus 1 tsp. butter, divided

1½ cups chopped onion

2½ cups Carnaroli, Arborio, or sushi rice

¾ cup dry white wine

About ¾ tsp. salt, divided

1 small head radicchio, cut into shreds

About ½ lb. blue cheese such as Point Reyes Original Blue or gorgonzola dolce, broken into pieces

½ tsp. pepper

¼ cup chopped flat-leaf parsley

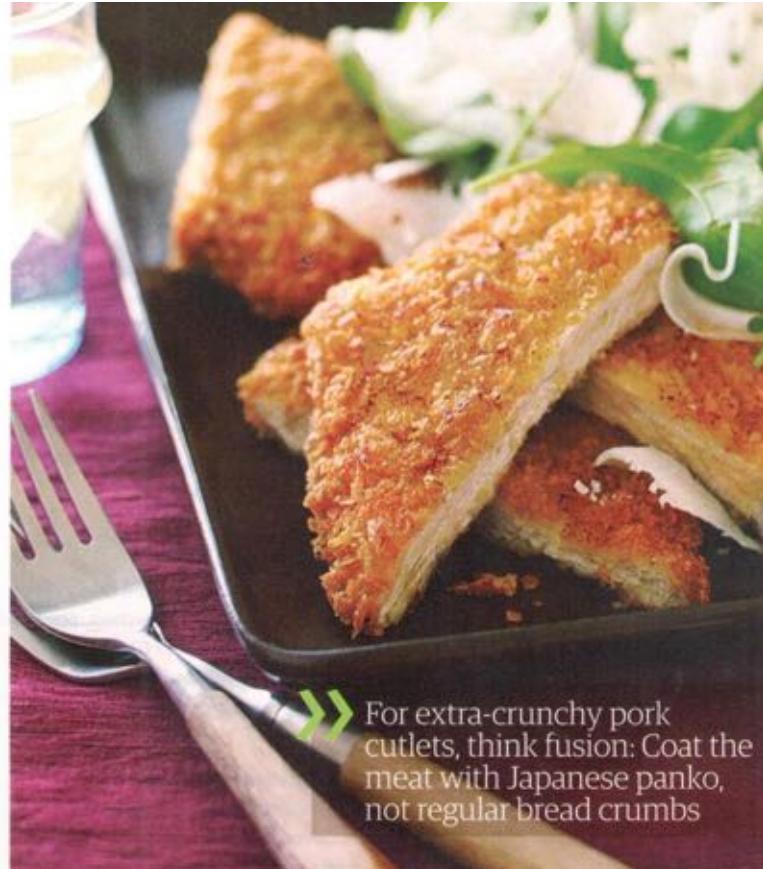
1. Heat broth to simmering in a medium saucepan. Keep at a simmer, covered, over low heat.

2. Heat 2 tbsp. each oil and butter in a heavy-bottomed 8-qt. pot over medium heat. Add onion and sauté until translucent and beginning to turn golden, about 10 minutes. Add rice and sauté, stirring constantly, until just the edges of grains look translucent, about 3 minutes.

3. Add wine and ½ tsp. salt to rice and cook until wine is completely absorbed by rice. Add about ½ cup hot broth and cook, stirring constantly, until broth is completely absorbed; reduce heat to medium-low if mixture starts to boil. Continue adding broth ½ cup at a time, keeping rice at a constant simmer and stirring until each addition is absorbed before adding the next, until rice is just tender to the bite (15 to 30 minutes; you will have broth left over). Meanwhile, continue with recipe.

4. Heat remaining 1 tbsp. oil in a large frying pan over medium heat. Add radicchio and ¼ tsp. salt and cook, stirring occasionally, until wilted and tender, 2 to 4 minutes. Remove from heat.

5. Remove rice from heat and stir in



For extra-crunchy pork cutlets, think fusion: Coat the meat with Japanese panko, not regular bread crumbs

radicchio, ½ lb. blue cheese, the pepper, parsley, and remaining 1 tsp. butter. For a looser risotto, stir in 1 to 2 cups remaining broth. Add more salt if you like. Serve with additional cheese.

*For a recipe, go to sunset.com/chickenbroth

PER 1-CUP SERVING 366 CAL., 37% (135 CAL.) FROM FAT; 32 G PROTEIN; 15 G FAT (6.7 G SAT.); 47 G CARBO (4.6 G FIBER); 1,229 MG SODIUM; 26 MG CHOL.

Pork Milanese with arugula, fennel, and parmesan salad

SERVES 4 | 40 MINUTES

1 cup panko (Japanese-style bread crumbs)

½ cup grated parmesan cheese, plus ¼ cup shaved parmesan (use a vegetable peeler)

½ tsp. each salt and pepper, divided

2 large eggs

4 boneless center-cut pork chops, each ¾ in. thick (1½ lbs. total), pounded* to ¼ in. thick

1 qt. arugula

1 fennel bulb, stalks trimmed and bulb thinly sliced

3 tbsp. plus ½ cup olive oil, divided

Juice of ½ lemon

1. Combine panko, grated parmesan, and ¼ tsp. each salt and pepper on a large plate. In a small bowl, lightly beat eggs. Dip each pork chop in eggs, then transfer to panko mixture and coat with crumbs. Set aside.

2. Combine arugula, fennel, and shaved parmesan in a large bowl. Drizzle salad with 3 tbsp. oil and the lemon juice. Toss, season with remaining ¼ tsp. each salt and pepper, and toss again.

3. Heat remaining ½ cup oil in a 12-in. nonstick frying pan over medium-high heat. Add 2 pork chops and cook, turning once, until crusts are deep golden brown and crisp, 5 to 6 minutes. Transfer chops to a plate and keep warm. Repeat with remaining chops.

4. Cut each chop in half diagonally and arrange on a platter with salad.

*Pound chops yourself, or ask a butcher to do it for you.

PER SERVING 725 CAL., 65% (468 CAL.) FROM FAT; 46 G PROTEIN; 52 G FAT (14 G SAT.); 18 G CARBO (3.5 G FIBER); 726 MG SODIUM; 229 MG CHOL.