

TEST KITCHEN
CONFIDENTIAL

kid in the kitchen

MATISSE REID
IS A KID WHO COOKS FOR
FRIENDS AND FAMILY. AGE: 13

Loving Slow-Stirred Rice
Matisse stirs up a classic, with a little help from her friends.



Roll the lemon along the counter before cutting to loosen the juice.

PHOTOGRAPHY: RANDY MAYOR; FOOD STYLING: BLAKESLEE WRIGHT GILES; PROP STYLING: CINDY BARR, PORTRAIT: ANDREW KAHL

Bacon and
Leek Risotto
TAP FOR RECIPE



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“Snip the bacon into small pieces with kitchen scissors to save time.”

RISOTTO

“**T**oday I made Bacon and Leek Risotto. You'll want to make this with a friend, as four hands are better than two with risotto. One person can pour in the stock while the other one stirs. You can eat this dish as a side or throw in some shrimp or sliced cooked chicken to make it a main dish. If you are a vegetarian, you can use vegetable stock and omit the bacon. I loved the creaminess and texture of the rice, and the smokiness of the bacon really came through. I ate it cold for lunch the next day and it was delicious, so I recommend you make extra. Follow the directions carefully and you will end up with a yummy dish the whole family will love.”

THE VERDICT

ANGELA (AGE 11)

She loved all the flavors and will definitely eat this again.

★★★★★★★★

IAN (AGE 12)

He was a little skeptical because he doesn't usually eat rice. He loved the flavor and texture.

★★★★★★★★☆

MATISSE (AGE 13)

I loved how creamy the rice was, having absorbed all the yummy stock.

★★★★★★★★

GREAT NEW FLAVOR

Gary & Kit's Dukkah Spice Blends

Gary and Kit of the Clif Family Winery in Napa Valley have added a line of gourmet foods to their label, including olive oils, mustards, preserves, spiced nuts, and chocolates. Their Dukkah blends, nut and spice mixtures popular in Egypt, range from warm and buttery (sesame and pistachio) to hot and sweet (coconut and hazelnut). Sprinkle over soups, or serve with bread and olive oil for dipping.

—Hannah Klinger, Assistant Editor



Bacon and Leek Risotto



SAVE
RECIPE



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TAP TO
CLOSE

Hands-on: 50 min. Total: 50 min.
Serve with sautéed Broccolini and a warm French bread baguette.

- 5 cups unsalted chicken stock (such as Swanson)
- 2 cups water
- 4 bacon slices
- 1 tablespoon olive oil
- 4 cups thinly sliced leek (about 4 large)
- ½ cup sliced shallots
- 1½ tablespoons chopped fresh thyme
- 2 garlic cloves, minced
- 2 cups uncooked Arborio rice
- 2 tablespoons fresh lemon juice
- 1½ tablespoons unsalted butter
- 1 teaspoon freshly ground black pepper

- 1.** Bring stock and 2 cups water to a simmer in a medium saucepan (do not boil). Keep warm over low heat.
- 2.** Cook bacon in a large nonstick skillet over medium heat until crisp. Remove bacon from pan; crumble. Add oil to pan; swirl to coat. Add leek, shallots, thyme, and garlic to pan; sauté 4 minutes or until tender. Stir in rice; cook 2 minutes. Stir in ½ cup stock mixture; cook 5 minutes or until liquid is nearly absorbed, stirring constantly. Reserve ⅓ cup stock mixture. Add remaining stock mixture, ¼ cup at a time, stirring constantly until liquid is absorbed before adding more (about 25 minutes total). Stir in lemon juice, butter, pepper, salt, and Parmigiano-Reggiano. Remove pan from heat. Stir in reserved ⅓ cup stock mixture. Sprinkle with reserved bacon and chopped parsley. Serve immediately.

—Recipe by Kate Parham

SERVES 8 (serving size: about ⅔ cup)

CALORIES 305; **FAT** 7.9g (sat 3.3g, mono 3g, poly 0.6g); **PROTEIN** 12.1g; **CARB** 47.8g;
FIBER 3.3g; **CHOL** 15mg; **IRON** 1.8mg; **SODIUM** 394mg; **CALC** 128mg