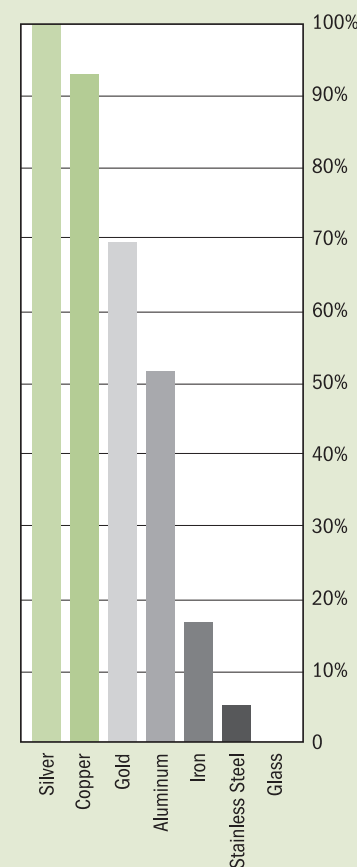


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### Conductivity

Conductivity is the speed at which a metal accepts, retains and transfers heat. In cookware, this means, how fast will it heat up? How long will it stay hot after it is removed from the heat source? How quickly will the heat in the cookware transfer to the food being cooked? The more conductive the material, the faster it will get hot and cook the food. This chart illustrates the differences in conductivity of common metals used in cookware.



### Ingredients for Spring Vegetable Risotto

- 5 cups vegetable or chicken broth
- 1½ cups dry white wine
- 1 Tbs. unsalted butter
- 3 Tbs. olive oil
- 1 small yellow onion, finely chopped
- 2 cups arborio rice
- 1 lb. zucchini, cut into ½-inch chunks
- 2 cups frozen baby peas
- ¼ cup minced fresh mint
- ¾ cup grated Parmigiano-Reggiano cheese
- Salt and freshly ground pepper, to taste

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## All About Risotto

A specialty of northern Italy, risotto has earned a place as a legendary Italian dish. Rich, creamy and irresistible, it has become a favorite outside its homeland as well. Because risotto can be embellished with any number of savory ingredients, including cheeses, vegetables, meats and seafood, as well as sweet additions, such as dried fruit and chocolate, it will quickly become one of the most versatile and well-loved dishes in your cooking repertoire.

Much of the Italian rice harvest is used for making risotto. Italians have traditionally served it as *primo*, the first course, after the antipasto and before the *secondo*, the meat or fish course. Nowadays, risotto has assumed additional roles in the meal, appearing as a main course or a complementary side dish as well as a first course. Indeed, a bowl of steaming risotto, a crisp green salad, some country bread and a good bottle of wine will delight even the most discriminating diner.

## Spring Vegetable Risotto

Many cooks are reluctant to make risotto at home because they believe it needs constant stirring. But in reality, the cook can be a bit more relaxed. As long as you pay attention to the amount of liquid and stir every few minutes, the results will be just as good.

### Cook the risotto

In a saucepan over medium heat, bring the broth and wine to a gentle simmer, then maintain the simmer over low heat.

Meanwhile, in a heavy-bottomed saucepan or Dutch oven over medium heat, melt the butter with 1 Tbs. of the olive oil. Add the onion and sauté until softened, about 4 minutes. Add the rice and cook, stirring constantly, until all the grains are opaque and well coated with the fat, about 1 minute. Add 2 cups of the simmering broth mixture and cook, stirring frequently, until the liquid is absorbed, 3 to 4 minutes. Reduce the heat to medium-low and continue to add the liquid about 1 cup at a time, stirring occasionally and adding more only after the previous addition has been absorbed.

### Sauté the vegetables

While the rice is cooking, in a fry pan over medium heat, warm the remaining 2 Tbs. olive oil. Add the zucchini and sauté just until softened, about 4 minutes. Add the peas and cook, stirring, until thawed and heated through, about 2 minutes. Remove from the heat.

### Finish the risotto

When the rice is tender and creamy but the grains are still al dente at the center, after about 22 minutes, stir in the sautéed vegetables and the mint and cook for 1 minute to heat through. Stir in the cheese. Season with salt and pepper, divide among shallow bowls and serve immediately. Serves 4.

Adapted from Williams-Sonoma Food Made Fast Series, *Weeknight*, by Melanie Barnard (Oxmoor House, 2006).

WILLIAMS-SONOMA

# Technique Class: Cooking with Copper

Williams-Sonoma made its modest entrance into the history of cookware in 1953. The company's founder, Chuck Williams, was on a trip to France where he discovered the wonderful world of French cooking. From that moment forward, French cuisine and French cooking equipment were vividly etched into his memory.

In 1956 Chuck began selling fine cookware in the wine-producing community of Sonoma, 45 miles north of San Francisco. His small kitchenware shop quickly caught the attention of the Sonoma valley residents who enjoyed cooking. Before that first store opened, most American cooks could not buy specialty cookware.

In 1958 Chuck moved his shop to Sutter Street, in downtown San Francisco, and six months later, Williams-Sonoma was established as an authority in gourmet kitchen essentials. Chuck went to Paris in 1959 to purchase the fine Mauviel copper cookware that he fell in love with during his travels. Within a few years, Williams-Sonoma became the first complete French kitchenware shop in the United States. It featured restaurant cookware in both heavy aluminum and copper, rustic Provençal earthenware, every shape and size of bakeware, plus all of the French chef's tools and cutlery. These products formed the foundation of Williams-Sonoma's kitchenware.

In the years since, a constant flow of new products and ideas from different parts of Europe, as well as from Asia and America, have increased the scope of Williams-Sonoma's offerings. Today Williams-Sonoma carries on Chuck's tradition by providing high-quality professional cookware to both the experienced and novice chef. We continue to have considerable influence over what Americans cook and the tools they cook with.

## All About Copper Cookware

One of the best heat conductors, copper transfers heat quickly, distributes it evenly and cools rapidly, offering maximum temperature control. Most copper pieces have a tin or stainless-steel lining to ensure that the pots resist sticking and won't react with acidic foods. Though copper cookware lasts a lifetime, its exterior will develop a patina over time, which can easily be polished.

## Caring for Copper

Copper cookware must be hand washed and polished to maintain its appearance. If your copper cookware becomes discolored, slice a lemon in half and salt it, then rub the salted lemon halves over the copper to remove tarnish. Or, use a copper cleaner. Polishing is not required but does restore the original luster. If your copper pans have a tinned interior, this lining may wear thin over the years. To have any copper pans retinned, contact F. Nicholas Retinning at 323-263-0028 or 800-343-9923.

