Beetroot & Herb Risotto

Fresh from the garden: bay leaves, beetroot, celery, dandelion leaves, dill, onions, parsley, purslane, thyme

Recipe source: Desley Insall, Kitchen Specialist, Collingwood College, Victoria

This risotto is made with a vegetable stock and risotto rice of your choosing (see note below). The beetroot is added at the end to keep its vibrant purple colour.

Equipment:
- metric measuring jug, scales and spoons
- salad spinner
- 2 clean tea towels
- chopping board
- knives – 1 cook’s, 1 small
- vegetable peeler
- food processor with grater attachment
- 1 medium-sized pot with lid
- bowls – 1 large, 2 medium, 1 small
- 1 large heavy-based saucepan
- wooden spoon
- soup ladle (or large serving spoon)
- 4 platters
- 4 serving spoons

Ingredients:
- 1½–2 L vegetable or chicken stock
- 2 tbsp olive oil
- 1 onion, finely chopped
- 1–2 celery sticks, finely chopped
- 2 garlic cloves, finely chopped
- 350 g risotto rice
- 2–4 bay leaves
- 6 sprigs thyme
- 1 handful of parsley, finely chopped
- 1 handful of dill, finely chopped
- dandelion leaves, up to a handful finely chopped
- purslane (optional), up to a handful, finely chopped
- 3–4 medium beetroot, peeled and grated (or cut into 3 cm cubes and pre-baked with olive oil in a medium oven)
- salt and pepper, to taste
- natural yoghurt, for serving
- chives, as a garnish

What to do:
1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Pour the stock into a medium-sized pot, put a lid on it and heat it to just under boiling point. Take the stock off the heat and set aside in a large bowl.
3. Heat the heavy-based saucepan, pour in the olive oil, then add the onion, celery and garlic. Stir-fry for 2–3 minutes, stirring constantly with a wooden spoon.
4. Add the rice and stir for 1 minute. Then add the bay leaves and thyme.