



Beetroot & Herb Risotto

Season: Autumn

Type: Big Dishes

Difficulty: Intermediate

Serves: 30 tastes in the classroom
or 6 at home

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

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

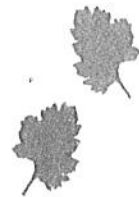
This risotto is made with a vegetable stock and risotto rice of your choosing (see note below).
The beetroot is added at the end to keep its vibrant purple colour.

Equipment:

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

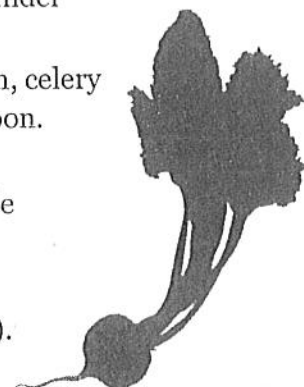
Ingredients:

1½–2 L vegetable or chicken stock
8 sprigs thyme
2–4 bay leaves
1 handful parsley, chopped finely
1 handful dill, chopped finely
dandelion leaves, up to a handful,
chopped finely
purslane (optional), up to a handful,
chopped finely
3–4 medium beetroot, peeled and
grated
1 onion, chopped finely
1–2 celery sticks, chopped finely
2 garlic cloves, chopped finely
2 tablespoons olive oil
350 g risotto rice
salt and pepper



What to do:

- 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.
- Heat the heavy-based saucepan. When it is hot, pour in the olive oil, onion, celery and garlic. Stir-fry for 2–3 minutes, stirring constantly with a wooden spoon.
- Add the rice and stir for 1 minute. Then add the bay leaves and thyme.
- Take a ladleful of the hot stock. Pour the stock into the rice gradually while stirring the rice so the rice absorbs the stock.
- Keep adding the hot stock to the rice gradually, as you stir.
- Cook the risotto until the rice is *al dente* (cooked through but firm to bite).





Beetroot & Herb Risotto continued

- Add the greens, herbs and beetroot to the risotto. Stir them in and cook for another 5 minutes. Remove the saucepan from the heat.
- Season the risotto with salt and pepper to taste, and let it sit for 2–5 minutes before dividing between the platters and serving.

Note: Rice for risotto is usually a specific kind of grain, such as Arborio, Carnarola or Vialone Nano. These are short- to medium-grain rice varieties that will gradually release starch and absorb moisture as you stir and cook the grains in the hot liquid. The final result is a risotto with a thick sauce made creamy by the starch, and rice grains that have a small, dense kernel that you can feel in your mouth.

