

RISOTTO BIANCO

WHITE RISOTTO

SERVES 6 AS A MAIN COURSE, 15 FOR TASTES

INGREDIENTS

1.3 LITRES CHICKEN/ FISH/VEGETABLE STOCK

A KNOB OF BUTTER

1 LARGE ONION

2 CLOVES OF CRUSHED GARLIC

½ A HEAD OF CELERY TRIMMED AND FINELY CHOPPED

400G RISOTTO RICE

70G BUTTER

115G FRESHLY GRATED PARMESAN

SEA SALT AND FRESHLY GROUND PEPPER

EQUIPMENT

SAUCEPAN MEDIUM AND LARGE, KNIVES, GARLIC CRUSHER, WOODEN SPOON, GRATER,

METHOD, LADLE

STAGE 1.

HEAT THE STOCK IN A MEDIUM SAUCEPAN.

PLACE THE OLIVE OIL AND BUTTER INTO A LARGE PAN SUITABLE FOR RISOTTO, ADD THE ONION CELERY AND GARLIC AND COOK VERY SLOWLY FOR ABOUT 10 MINUTES WITHOUT COLORING. THIS IS CALLED SOFRITTO. WHEN THE VEGETABLES HAVE SOFTENED ADD THE RICE AND SLOWLY TURN UP THE HEAT.

STAGE 2.

THE RICE WILL NOW BEGIN TO LIGHTLY FRY, SO KEEP STIRRING IT. AFTER A MINUTE IT WILL LOOK SLIGHTLY TRANSLUCENT, ADD YOUR FIRST LADLE OF STOCK, AND A GOOD PINCH OF SALT. TURN THE HEAT DOWN TO A SIMMER SO THE RICE DOES NOT COOK TOO QUICKLY ON THE OUTSIDE. KEEP ADDING LADLEFULS OF STOCK, STIRRING AND MASSAGING THE CREAMY STARCH OUT OF THE RICE, ALLOWING EACH LADLEFUL TO BE ABSORBED BEFORE ADDING THE NEXT. THIS WILL TAKE AROUND 15 MINUTES. TEST TO SEE IF THE RICE IS COOKED. IF NOT CARRY ON COOKING THE RICE AND ADDING THE STOCK UNTIL THE RICE IS SOFT BUT WITH A SLIGHT BITE. DO NOT FORGET TO SEASON PROPERLY. IF YOU RUN OUT OF STOCK BEFORE THE RICE IS COOKED ADD BOILING WATER.

STAGE 3

@@ REMOVE FROM THE HEAT AND ADD THE BUTTER AND PARMESAN. STIR WELL AND PLACE A LID ON THE PAN AND LEAVE TO SIT FOR 2 MINUTES. THIS IS ONE OF THE MOST IMPORTANT PARTS OF MAKING RISOTTO AS THIS IS WHEN IT WILL BECOME CREAMY AND OOZY LIKE IT SHOULD BE. EAT IT AS SOON AS POSSIBLE WHILE IT REMAINS ITS BEAUTIFUL TEXTURE.