

RISOTTO WITH SPINACH

4 litres of vegetable

stock

7 ½ tablespoons olive oil

1 cup finely chopped onion

850 grams spinach, thinly chopped

5 cups Arborio rice

5 tablespoons unsalted butter

5 tablespoons grated parmesan

Freshly grates nutmeg, to taste

Salt/pepper to taste

In a saucepan over medium heat, bring the stock to a simmer and maintain over a low heat.

In a large saucepan warm olive oil over a medium heat. Add the onion and saute until softened, about 4 minutes. Add the spinach, reduce heat to low, cover and cook for about 5 minutes. Transfer to a bowl and set aside.



Add the rice to the the saucepan and stir until rice is well coated with oil and translucent, about 3 minutes. Add a cup of stock and stir until absorbed. Add the rest of the stock a cup at a time, stirring frequently after each addition. Wait until stock is almost all absorbed before adding more. Reserve ½ cup stock to add at the end.

When the rice is almost tender to the bite and looks creamy, about 18 minutes, add the spinach mixture and cook for a further 2 to 3 minutes. Remove from the heat, and stir in the butter, cheese and the last of the stock. Season with salt and pepper and nutmeg. Serve immediately.

Add rind of 1 lemon
and juice to your
spinach risotto.

Add chopped chives
and garlic chives.
After you add the
spinach.