

Beetroot & Herb Risotto

Season: Autumn

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

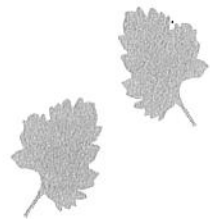
This risotto is made with a vegetable stock and risotto rice of your choosing (see note below). The beetroot is added at the end to keep its vibrant purple colour.

Equipment:

metric measuring jug, 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.

