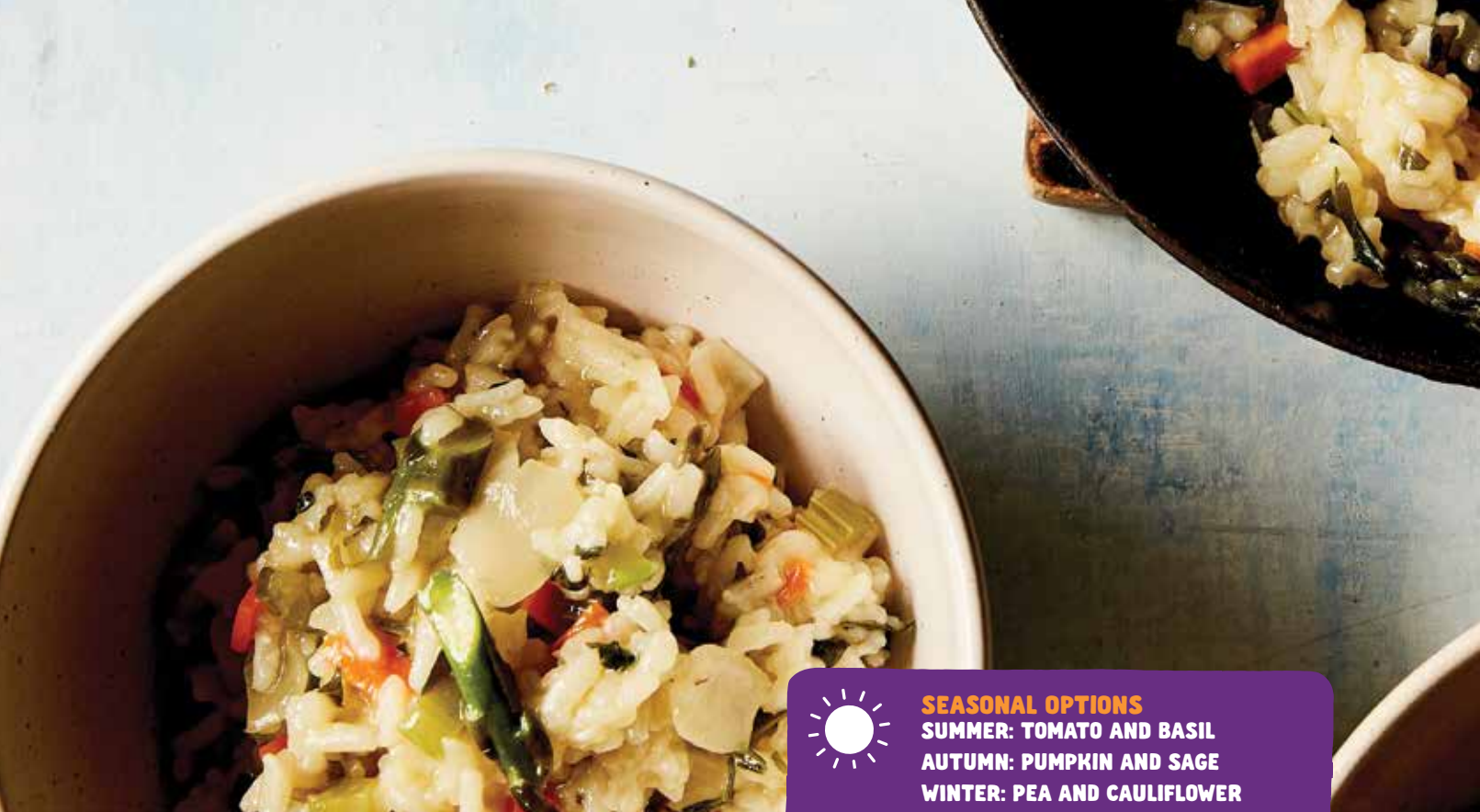




#### SEASONAL OPTIONS

SUMMER: TOMATO AND BASIL

AUTUMN: PUMPKIN AND SAGE

WINTER: PEA AND CAULIFLOWER

SPRING: ASPARAGUS AND LEMON

## RISOTTO OF THE IMAGINATION

**FEEDS: 4-6. SEASON: ALL.**

This delicious risotto recipe is a base dish that can be adapted to seasonal produce throughout the year. Concentrate on getting the basics right, then experiment to find your seasonal favourites.

### EQUIPMENT

- |                                                          |                                       |
|----------------------------------------------------------|---------------------------------------|
| <input type="checkbox"/> measuring scales, cup and spoon | <input type="checkbox"/> cook's knife |
| <input type="checkbox"/> medium saucepan                 | <input type="checkbox"/> large pot    |
| <input type="checkbox"/> chopping board                  | <input type="checkbox"/> wooden spoon |
|                                                          | <input type="checkbox"/> ladle        |

### INGREDIENTS

- ☐ 1.5 L salt-reduced chicken or vegetable stock
- ☐ 3 tbsp extra virgin olive oil
- ☐ 1 onion, peeled and finely chopped
- ☐ 2 garlic cloves, peeled and finely chopped
- ☐ 3 stalks of celery, finely chopped
- ☐ 400g risotto rice (arborio rice)
- ☐ 2 cups seasonal vegetables, chopped into 1 cm pieces
- ☐ 1 small handful of parsley, finely chopped

### WHAT TO DO

1. Heat the stock in the medium saucepan.
2. Heat the olive oil in the large pot, add the onion, garlic and celery, and cook slowly for 10 minutes.
3. Add the rice and turn up the heat, stirring constantly. After a minute it will look slightly translucent.
4. Gently add your first ladle of hot stock and stir.
5. Lower the heat and continue adding stock, stirring and allowing each ladle to be fully absorbed.
6. Add your seasonal ingredients and cook until tender.
7. Test the rice – it should be soft but with a slight bite.
8. Remove from the heat and add the parsley.
9. Cover and rest for 2 minutes before serving.
10. Season to taste (optional).