



Risotto of the Imagination

Season: All

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: Whatever is available in your garden!

This base recipe can be used at any time of the year. Classic combinations include tomato & basil, pumpkin & silverbeet, peas & feta, cauliflower & parmesan, broccoli & lemon.

Suggestions by season:

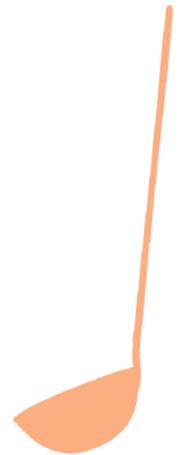
- Spring: asparagus, brassicas, broad beans, peas, spinach
- Summer: capsicum, eggplant, tomato
- Autumn: capsicum, eggplant, pumpkin
- Winter: broccoli, cauliflower, peas, silverbeet

Equipment:

metric measuring scales,
jug and spoon
medium saucepan
clean tea towel
chopping board
cook's knife
grater
large pot
wooden spoon
ladle

Ingredients:

1.5 L **Chicken Stock** (page 133) or **Vegetable Stock** (page 171)
3 tbsp extra-virgin olive oil
1 large onion, peeled and finely chopped
2 garlic cloves, peeled and finely chopped
3 stalks of celery, finely chopped
400 g risotto rice
seasonal ingredients chopped into 1 cm pieces
½ tsp salt
½ tsp black pepper
1 tsp of butter
1 small handful of parsley, finely chopped
50 g parmesan, freshly grated



What to do:

1. Heat the stock in the medium saucepan.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Heat the olive oil in the large pot, add the onion, garlic and celery, and cook slowly for 10 minutes.
4. Add the rice and turn up the heat, keep stirring it. After a minute it will look slightly translucent.
5. Add your first ladle of hot stock and stir.
6. Lower the heat and continue adding stock, stirring and allowing each ladle to be fully absorbed.
7. Add your seasonal ingredients and cook until tender.
8. Test the rice; it should be soft but with a slight bite.
9. Remove from the heat and add the salt, pepper, butter, parsley and parmesan.
10. Taste and adjust seasoning as necessary.
11. Cover and rest for 2 minutes before serving.