

# Caramelised Fennel & Spinach Risotto

Bialik College Kitchen Garden Program

## Ingredients:

- 1.5 l vegetable stock
- 3 tablespoons extra virgin olive oil
- 1 onion, finely diced
- 3 cloves garlic, finely chopped
- 3 fennel bulbs, finely diced
- 400g Arborio rice
- 250g spinach, roughly chopped
- ½ teaspoon salt
- 1 teaspoon butter
- pepper
- handful of herbs from the garden, finely chopped
- 50g parmesan, grated

## Equipment:

- saucepan x 2
- metric measuring cups/spoons/jug
- wooden spoon
- chopping board
- knife
- ladle
- grater
- scales

## Method:

1. Cook the onions and fennel in a saucepan. Cook slowly and on a low heat until onion/fennel has softened and caramelised (10-15 minutes). Then add the garlic.
2. Heat the stock in another saucepan and keep it at a simmer.
3. Add the rice to the onions and turn the heat up, keep stirring it until the rice looks translucent.
4. Add your first ladle of stock and stir.

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5. Turn down heat and continue to add stock, stirring and allowing each ladle of stock to be absorbed.
6. Add the spinach and cook until wilted.
7. Remove from the heat and add the salt/pepper, chopped herbs and parmesan.