

Risotto Of Your Imagination

Bialik College Kitchen Garden Program



Ingredients:

- 1.5 L vegetable stock
- 3 tablespoons extra virgin olive oil
- 1 onion, finely chopped
- 3 cloves garlic, finely chopped
- 400g Arborio rice
- seasonal ingredients cut into 1cm pieces
- ½ teaspoon salt
- 1 teaspoon butter
- pepper
- 1 small handful of herbs from the garden
- 50g parmesan cheese, finely grated

Equipment:

- measuring jug
- saucepan
- chopping board
- knife
- wooden spoon
- scales
- ladle
- grater

Method:

1. Heat the olive oil in a saucepan over low heat, add the onions and garlic. Cook slowly till onion has softened.
2. Heat the stock in another saucepan.
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 your seasonal ingredients and cook until tender.
7. Remove from the heat and add the salt/pepper, parsley or any other herbs and parmesan.
8. Cover and rest for 2 minutes before serving.