

Fennel and Lemon Risotto

Bialik College Kitchen Garden Program

Ingredients:

- 1 Bulb of Fennel, finely diced
- ¼ cup fennel fronds, chopped
- 50g butter, chopped
- 1 tablespoon olive oil
- 1 Brown onion, finely diced
- 2 cups Arborio Rice
- 4 cloves garlic, crushed
- 2 litres Vegetable stock
- 1 tablespoon finely grated lemon rind
- 1 ½ cup (120g) parmesan, finely grated
- salt/pepper, to taste

Equipment:

- Chopping board
- Cook's knife
- Metric measuring scales, cups and spoons
- Garlic crusher
- Large heavy-based saucepan
- Ladle
- Grater

Method:

1. Prepare all ingredients as listed in the ingredients above.
2. Place butter and olive oil in a large heavy-based saucepan over medium heat.
3. Add the fennel and onion and cook for 2-5 minutes or until softened.
4. Add Arborio rice and garlic and stir for 1 minute or until rice is well coated.
5. Gradually add the stock, 1 ladle at a time, stirring continuously, for 25-30 minutes or until absorbed and rice is 'al dente'.
6. Stir through lemon rind, fennel fronds and parmesan.
7. Cover and let sit for 3-5 minutes before serving.