

Zucchini, pea and basil risotto



Method

1. Heat butter and 1 tablespoon of olive oil in a large pot. Add the chopped onion, garlic and celery with a splash of water. Cook for 5 minutes or until soft.
2. Cut the zucchinis by slicing lengthways into quarters and then chop into ½ cm chunks and put to the side.
3. Bring your stock to a simmer in a separate small saucepan .
4. Stir your rice in to the onion and garlic and cook for a minute or two.
5. Pick the basil leaves, then add the stalks of the basil to the simmering pan of stock.
6. Keep adding the hot stock, a soup ladle at a time. Try and avoid the basil stems as these are for flavour rather than to be eaten. Make sure that each addition of stock has been absorbed before you add the next.
7. Keep the risotto simmering and stir often. Continue adding stock until you have used 2/3 of stock.
8. Grate your tasty cheese and finely grate your parmesan cheese.
9. Finely chop the basil leaves and the red chilli.
10. Stir the chopped zucchini and peas into the stock and keep adding to the pot until the rice is cooked and has a nice creamy consistency. If you run out of stock use hot water.
11. Take the risotto off the heat. Stir through the tasty cheese and half of chopped basil with a good pinch of salt and black pepper.

A FRESH AND FLAVOURSOME SUMMER TIME RISOTTO.

DIFFICULTY Medium

PREP. TIME 20 mins

COOKING TIME 35 mins

SERVES 4

INGREDIENTS

- 1 large onion finely chopped
- 2 cloves of garlic finely chopped
- 2 sticks of celery finely chopped
- 3 tablespoons of olive oil
- 2 teaspoons of butter
- 2 zucchini
- 1 litre of vegetable stock – made with stock cube or pre made liquid stock
- 1 ¼ cups of arborio rice
- 1 cup of shelled or frozen peas
- 1 fresh red chilli
- Bunch of fresh Italian basil
- ½ cup of tasty cheese
- ¾ cup of parmesan cheese
- Salt and pepper for seasoning

EQUIPMENT

- Chopping board
- Knife
- Large heavy based pot, wok or electric fry pan
- Wooden stirring spoon





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12. Cover with a lid and let it sit for two minutes.
 13. Divide the risotto into serving bowls. Scatter the parmesan cheese on top with the remaining basil and chopped chilli.

Tips

This is a basic risotto recipe that can be substituted with different seasonal vegetables.

Chicken pieces are also a good addition to this recipe. Slice 2 chicken breasts into 2 x 2 cm chunks. Cook them first in the pan you will use for the risotto and put aside to be added to the risotto once it is almost cooked.

It is important that when adding stock that it is maintained at a hot temperature. A good practice is to keep it simmering in a small saucepan nearby to that your risotto continues to cook evenly.

Adding the stock gradually is important. This allows rice to bump up against each other, creating the creaminess in the risotto. Make sure you wait for all of the stock to absorb before adding more.

Like pasta, our rice should be cooked al dente (just cooked with a little bit of bite to it). If you can mould the risotto into a shape you have cooked it too much and might need to add some more stock. It takes practice to get the right consistency with this dish.

Fun Facts

Risotto is the most common way of cooking rice in Italy and is considered a staple dish.

