

Spring Risotto

Equipment:

Medium saucepan
Bowls – 3 small, 2 medium, 1 large
Colander
Grater
Measuring spoons and cups
Knives – small & large
Tea towel
Salad spinner
Ladle
Scales
Frying pan with 5cm sides
Wooden spoon

Ingredients:

Salt
500g broad beans (fresh or frozen)
150g parmesan cheese
1 onion
10 stalks Italian parsley
1 fennel bulb & tops
1 large leek, or 2 small leeks
6 cups chicken stock
100g butter
2 cups Arborio rice
Olive oil

What to do:

- Fill the saucepan with water, add a pinch of salt and bring to the boil. Set the colander in the sink. Carefully tip the shelled broad beans into the boiling water for 1 minute. Then empty the beans and the water into the colander and cool with cold running water.
- Peel the broad beans by slipping the each bean out of it's tough skin into a medium bowl using your fingers. Place the tough skins into the compost bucket.
- Grate the Parmesan into a small bowl and set aside. Peel and finely chop the onion and place in a small bowl.
- Wash the fennel and remove the fennel tops. Cut the bulb into thin slices.
- Rinse the parsley and dry with the clean tea towel. Chop the parsley and fennel tops finely, and set aside in another bowl for later.
- Cut the leeks into fine rings, and soak in a large bowl of cold water. Swish the rings with your fingers to remove any dirt. Spin dry in the salad spinner. Set aside.
- Rinse the saucepan clean. Pour in the stock and heat over a medium heat until hot but not boiling. Turn the heat to low and leave the stock with the ladle in it.
- Weigh the butter, and divide it in half. Melt one half in the frying pan over medium heat and tip in the onion, fennel bulb and leek. Stir with the wooden spoon until vegetables are well softened.
- Tip in the rice and stir to ensure every grain is well coated with buttery juice.
- Add a ladleful of hot stock, stirring all the time. The rice will absorb the liquid and begin to swell. As the liquid disappears, add another ladle of stock. Continue adding stock and stirring.
- After 15 minutes, taste the rice. It should be just a little bit nutty in the centre of each grain. Add the broad beans and the last of the stock. Taste for salt and pepper.
- After an extra 5 minutes, stir in the second piece of butter and the fennel tops, herbs and Parmesan and give the risotto a final stir. Cover the pan for 3-4 minutes before serving with a drizzle of olive oil and a sprinkle of extra Parmesan and cracked pepper.