

Broad-bean, Leek and Fennel Top Risotto

<p>Equipment:</p> <p>Medium saucepan Bowls- 3 small, 2 medium, 1 large Colander Grater Metric measuring spoons and cups Chopping board Knives – 1 small, 1 large Tea towel Salad spinner ½ cup ladle Scales Frying pan with 5 cm sides Wooden spoon</p>	<p>Ingredients:</p> <p>Pinch of salt 400 g blanched broad beans Small wedge parmesan 1 large onion or 3 tbsp of chives 15 stalks parsley Handful of fennel tops 2 large leeks 2 ltr of basic chicken stock 160 g butter or nuttalex 2 cups Arborio rice Freshly ground black pepper</p>
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What to do:

1. Peel the blanched broad beans and discard outer shell layer.
2. Grate parmesan. Set aside
3. Peel and finely chop onion/chives. Set aside
4. Rinse the parsley and fennel tops and roll in a tea towel. Finely chop both.
5. Finely chop leek into rings and place in a bowl of water. Swish leek around to remove all dirt and sand. Dry leek using a salad spinner. Set aside
6. Heat stock in saucepan until warm.
7. In a frypan melt half the butter or nuttalex, and sauté onion and leek. When the onion and leek have softened, add the rice. Stir the rice to ensure all grains are coated in butter or nuttalex. Add a ladleful of stock and stir until the stock is absorbed. Continue to add 1 ladleful at a time. Leave 2 ladles of stock for later.
8. 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 1-2 ladlesful of stock, stirring. Taste for salt and pepper.
9. 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.