

Basic Risotto

Serves 2 - 4 as a main or as a side

Ingredients

50 ml olive oil
1 onion, peeled and finely chopped
1 clove garlic, peeled and crushed
1 cup arborio rice
125ml dry white wine
750ml – 1 litre of warm stock (chicken or vegetable)
2 tbsp olive oil + extra for sautéing
sea salt and freshly ground black pepper
small handful fresh parsley, chopped with a sprig reserved for garnish
25 – 50g finely grated Parmesan cheese
salt and pepper



What to do

1. Sauté the onion in a generous quantity of olive oil and when it is transparent, add the garlic.
2. At the same time, prepare the stock (broth) - either chicken or vegetable - and keep it warm.
3. the onion is transparent, add the rice and stir to coat and cook a little.
4. Add the white wine and once that is absorbed, repeat the process with the stock until the rice is cooked and the mixture is the appropriate consistency.
5. Finally add the other flavours of choice (see notes).
6. Season to taste.
7. Finally stir in the Parmesan cheese and chopped parsley.

Notes

- As we often entertain vegetarians or vegans, I tend to use a vegetable rather than chicken stock. The latter, should I use it, is often my own which is less salty than those that are commercially available.
- Flavours are a matter of personal choice. Ours include:
 - Roasted butternut and feta (replaces (or with) the parmesan)
 - Mushroom
 - Lemon (zest) and rosemary
- I use a local 18-month mature Gouda cheese instead of parmesan cheese.

