

RISOTTO



Basic risotto recipe for 2:

1 tablespoon oil...
1 x small onion/leek...
100gms risotto rice...
400ml stock...

(For 4 people, just double the above)



Method :

Heat the oil...
Gently fry the onion/leek for 5 mins with the lid on...
Stir in the rice until coated in the oil...
Add the stock... Bring to the boil...
Simmer for 20 mins with the lid on...
Stir occasionally...
Just before serving, stir in parmesan cheese or natural yoghurt.



For more preparation instructions goto www.bbcgoodfood.com/risotto



Another option is to use pearl barley instead of risotto rice. Ingredients for pearl barley and mushroom risotto:

Mushrooms... Pearl barley...
Celery... Spinach...
Leek... Thyme....

www.olivemagazine.com/spinach-and-mushroom-pearl-barley-risotto

RISOTTO



Pearl barley risotto with chicken and rocket.



Pearl barley risotto with cooked chicken in a spiced yoghurt sauce.



Mushroom and pepper goulash with tomato risotto and steamed rice.

www.foodandwine.com/wild-mushroom-goulash



You can add pancetta or chorizo at the beginning of the frying, or stir in frozen peas, asparagus tips, or edamame beans in the last 5 mins of cooking.

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Lemon risotto with chicken and green beans, served with a tomato, sweetcorn and cucumber salad.



Tomato and asparagus risotto with rocket and parmesan salad.