

Harvest Risotto

Adapted from Stephanie Alexander Kitchen Garden Foundation

Equipment

metric measuring
scales
jug and spoon
2 medium to large
saucepans
clean tea towel
chopping board
cook's knife
grater
wooden spoon
ladle

Ingredients

3 cups Vegetable Stock
1 1/2 tbsp extra-virgin olive oil
1 small onion,
1 garlic clove, peeled and finely chopped
1-2 stalks of celery
Stalks of kale, silverbeet or other leafy greens
1-2 carrots

200 g risotto rice

To be added part-way through:
Silver beet, kale or other dark green leaves

To be added at the end:
1/4 tsp salt
1/4 tsp black pepper
1 small handful of parsley
25 g Parmesan cheese
25 g vegan cheese

Method

1. Heat the stock
2. Peel and finely chop the onion and the garlic. Finely chop the celery and the other seasonal vegetables. Keep leafy greens separate from their stalks, as the stalks will cook for longer
3. Finely chop the parsley, leaving some whole for garnishing
4. Grate the Parmesan cheese and put into a small dish. Crumble the vegan cheese and put into another small dish
5. Heat the olive oil in the other saucepan. Add the onion, garlic, carrot, celery and other stalks
6. Cook slowly for 10 minutes, stirring constantly
7. Turn up the heat. Add the rice and keep stirring it. After a minute it will look slightly translucent.
8. Carefully add your first ladle of hot stock and stir.
9. Lower the heat and continue adding stock, stirring, and allowing the rice to fully absorb the stock before adding more, ¼ to ½ a ladle at a time.
10. Add any leafy greens and cook until tender
11. Taste the rice; it should be soft but with a slight bite (still be a tiny bit undercooked).
12. Remove from the heat and add the salt, pepper and parsley.
13. Taste and adjust seasoning as necessary.
14. Cover and rest for 2 minutes before serving. Serve cheeses alongside the risotto.
Remember the serving spoons