

Harvest Risotto

Adapted from Stephanie Alexander Kitchen Garden Foundation

Ingredients

3 cups Vegetable Stock
1 1/2 tbsp extra-virgin olive oil
1 small leek
1 clove garlic
1-2 stalks of celery
Stalks of kale, silver beet or other leafy greens
1-2 carrots
Baby capsicums

200 g risotto rice

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

To be added at the end:
1/4 tsp salt
1/4 tsp black pepper
1/2 tsp of butter
1 small handful of parsley
25 g Parmesan cheese

Method

1. Heat the stock
2. Finely chop the leek, garlic, 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.
5. Heat the olive oil in the other saucepan. Add the leek, garlic, carrot, celery, capsicum and stalks of the greens
6. Cook slowly for 5 - 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, butter and parsley.
13. Taste and adjust seasoning as necessary.
14. Cover and rest for 2 minutes before serving. Parmesan cheese is served alongside the risotto. Remember the serving spoons.