Risotto

Ingredients

500ml Hot Water

200g Vegetables of Your Choice (e.g. Courgettes, Mushroom, Peppers, Peas, Sweetcorn, Leeks)

100g Meat (e.g. Chicken, Bacon, Pork, Beef, Prawns, Salmon)

100g Arborio Rice (Risotto Rice)

15g Parmesan or 25g Cheddar Cheese for Sprinkling on Top

1 Onion

1 Tablespoon Olive Oil

1 Tablespoon Herbs (e.g. Dried Mixed Herbs, Basil, Coriander, Parsley, Thyme)

1 Garlic Clove

1 Stock Cube (Your Choice of Flavour)

Important Reminder:

Please bring a container to carry your risotto home in.

Method:

1. Weigh and measure out all ingredients accurately.
2. Measure out 500ml of hot water into a jug and dissolve the stock cube in the water.
3. Cut the vegetables into small even size pieces.
4. Crush the garlic.
5. Prepare the meat, this needs to be prepared into small even size pieces. Remember a red chopping board should be used when preparing raw meat.
6. Wash the rice in a sieve under the cold tap.
7. Put the oil into a sauce pan, add the meat (excluding prawns and salmon), garlic and onion and heat gently.
8. Cook for approximately 5 minutes on a low heat making sure you regularly stir the mixture with a white plastic spoon to avoid sticking. Do not leave the saucepan unattended.
9. Add the rice, heat and stir for 2 minutes.
10. Add any other vegetables and cook for a further 2-3 minutes, if you are using prawns or salmon this should be added at this point. If you are adding peas and sweetcorn these only need to be heated for 1 minute.
11. Start to add the stock mixture to the rice mixture, slowly making sure you continually stir.
12. Continue adding the stock until it has all been added to the saucepan.
13. Add herbs and stir thoroughly.
14. Cook gently (simmer) until the rice is tender and all the water is absorbed, this will take approximately 15 minutes).
15. Grate Cheese for sprinkling on the top.
16. Serve, piping hot. Remember to sprinkle cheese on the top.