

Risotto
Serves 6

This is the basic risotto recipe from Jamie Oliver. He suggests enhancing this recipe with different seasonal ingredients.

Approx. 1.1 litres/2 pints of stock (chicken, fish or vegetable)
1 tablespoon Olive oil
3 shallots or 2 medium onions, finely chopped
2 cloves of garlic, finely chopped
 $\frac{1}{2}$ head of celery, finely chopped
400g/14oz risotto rice
Salt and pepper
70g/2 $\frac{1}{2}$ oz butter
115g/4oz freshly grated parmesan cheese
2 glasses of dry white vermouth or dry white wine (not used in school)

1. Heat the stock.
2. In a separate pan heat the olive oil, add shallots or onions, garlic and celery and fry slowly for 4-5 minutes until soft.
3. Add the rice to vegetable mix and turn up the heat.
4. Keep stirring the rice and when it begins to look translucent (about one minute) add the vermouth or wine (or stock if no alcohol is used).
5. When the alcohol has cooked into the rice add your first ladle of HOT stock and a good pinch of salt.
6. Turn down the heat to a high simmer. Add another ladle of stock and stir allowing the creamy starch from the rice to come out and the stock to be absorbed before you add the next ladle full. This will take about 15 minutes.
7. Taste the rice - is it cooked? It should be soft but with a slight bite.
8. Check seasoning.
9. Remove from heat. Add the butter and parmesan. Stir gently. Put the lid on and leave for 2-3 minutes - this is when the risotto becomes really creamy.
10. Eat as soon as possible!