



RISOTTO ALLA PRIMAVERA

SPRING VEGETABLE RISOTTO Serves 4 Skill level 2

This risotto depends upon the quality of the vegetables used in order to deliver the delicious, fresh, light taste which is so typical of this dish. Make sure you use tender, sweet vegetables that are packed with flavour. All the vegetables need to be chopped to about the same size as the peas.

INGREDIENTS

1 or 2 plump spring onion, peeled, washed and finely chopped
a small handful of fine green beans, topped and tailed
2 or 3 baby carrots, scraped and chopped coarsely
2 or 3 young, tender courgettes, with their flowers if possible,
chopped coarsely
3 to 4 tablespoons fresh peas, podded

2 very small florets fresh sprouting broccoli, chopped coarsely
50g (2oz) unsalted butter, 350g (12 oz) preferably Carnaroli rice
1.2 litres (2 pints) vegetable or light chicken stock, kept
simmering
sea salt and freshly milled pepper
3 heaped tablespoons freshly grated Grana Padano cheese

METHOD

Sauté the vegetables together very gently and carefully for about 8 to 10 minutes with $\frac{2}{3}$ of the butter.

Add the rice and stir to coat with the butter and vegetables.

Season, then begin to add the hot stock, stirring constantly to prevent sticking.

Never add more than one large ladle full of liquid at a time and always wait for the rice to absorb it before adding any more.
(You may not need all the liquid, depending on the quality of the rice.)

The rice will take 20 minutes to cook from the time you begin adding the liquid.

Remove from the heat.

Adjust the seasoning, stir in the remaining butter and the freshly grated Grana Padano.

Cover and rest for 2 minutes, then stir again and transfer on to a warmed platter to serve immediately.