

Beetroot and Herb Risotto

Ingredients:	Equipment:
2 litres vegetable stock	Measuring jug and scales
8 sprigs of thyme	Medium sized pot
2 bay leaves	2 clean tea toels
1 handful parsley	Green chopping board
1 bunch dill	Knives- 1 large, 1 small
3 medium beetroot	Bowls- 1 large, 2 medium, 1 small
1 onion	Vegetable peeler
2 celery	Food processor with grater attachment
2 garlic cloves	Wooden spoon
100mls olive oil	Large sized stock pot
50g butter	Large soup ladle
350g risotto rice	5 serving bowls and spoons
Salt and pepper	

Method:

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| <ol style="list-style-type: none">1. Pour the stock into a medium-sized saucepan, put a lid on it and heat it to just under boiling point. Take the stock off the heat and set aside.2. Peel and finely chop onion and garlic.3. Wash celery and finely chop.4. Strip the thyme leaves from the stalks. Discard the stalks.5. Put the olive oil in the large stock pot along with the butter, onion, garlic, celery. Cook over high heat stir-frying for 3-4 minutes, stirring constantly with a wooden spoon.6. Add the rice and stir for 1 minute. Then add the thyme and bay leaves.7. Take a ladle full of the hot stock. Pour the stock over the rice gradually while stirring the rice so the rice absorbs the stock.8. Keep adding the hot stock to the rice gradually, as you stir.9. Cook the rice until the rice is <i>al dente</i> (cooked through but firm to bite). | <ol style="list-style-type: none">10. While the rice is cooking:11. Wash and pat dry with a clean dry tea towel, parsley and dill.12. Finely chop parsley and dill set aside in a small bowl until needed.13. Peel the beetroot with a vegetable peeler, carefully grate it using the food processor and a grater attachment.14. Put the beetroot aside in a medium sized bowl until needed. <p>When the rice is cooked add the parsley, dill and grated beetroot. Stir them in and cook for another 5 minutes.</p> <p>Season with salt and pepper.</p> |
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