Beetroot & Herb Risotto

Type: Big Dishes  
Serves: Tastes 30  
Recipe source: Desley Insall SAGK

Fresh from the garden: bay leaves, beetroot, celery, Dandelion leaves, dill, onions, parsley, purslane, thyme

EQUIPMENT:
- Chopping Board
- Metric scales, cups & spoons
- Knifes 1 large 1 small
- Medium-sized Pot with lid
- Food processor
- Salad spinner
- Wooden spoon
- Heavy based saucepan
- Soup ladle
- Grater
- 2 Tea towel
- Bowls – large, medium & small
- Peeler

TO SERVE:
- Platters
- Serving spoons

INGREDIENTS:
- 1 ½ L vegetable or chicken stock
- 8 sprigs thyme
- 2-4 bay leaves
- 1 Handful parsley, chopped finely
- 1 Handful dill, chopped finely
- Dandelion leaves, up to a handful, chopped finely
- Purslane (optional), up to a handful, chopped finely
- 3-4 medium beetroot, peeled and grated
- 1 onion, chopped finely
- 1-2 celery sticks, chopped finely
- 2 garlic cloves, chopped finely
- 2 tablespoons olive oil
- 350g risotto rice
- Salt & pepper

What to do:

- Pour the stock into a medium-sized pot, put a lid on it and heat it to just under boiling point. Take the stock off the heat and set aside.

- Heat the heavy-based saucepan. When it is hot, pour in the olive oil, onion, celery and garlic. Stir-fry for 2-3 minutes, stirring constantly with a wooden spoon.

- Add the rice and stir for 1 minute. Then add the bay leaves and thyme.

- Take a ladleful of the hot stock. Pour the stock into the rice gradually while stirring the rice so the rice absorbs the stock.

- Keep adding the hot stock to the rice gradually, as you stir.

- Cook the risotto until the rice is al dente (cooked through but firm to bite).

- Add the greens, herbs and beetroot to the risotto. Stir them in and cook for another 5 minutes. Remove the saucepan from the heat.

- Season the risotto with salt and pepper to taste and let it sit for 2-3 minutes before dividing between the platters and serving.

Note: Rice for risotto is usually a specific kind of grain, such as Arborio, Carnarola or Vialone Nano. These are short to medium-grain rice varieties that will gradually release starch and absorb moisture as you stir and cook the grains in the hot liquid. The final result is a risotto with a thick sauce made creamy by the starch, and rice grains that have a small, dense kernel that you feel in your mouth.