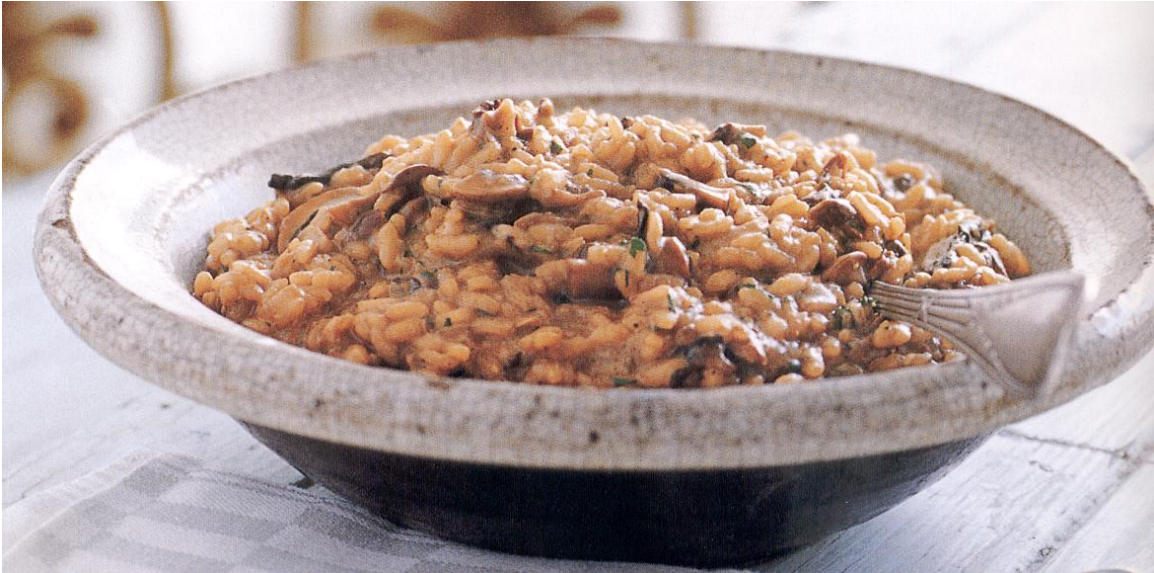


 **Heritage**
Building Society

Gardenfest



Risotto – cooked at Gardenfest by Brian Sams and Col Campbell

1. Place ½ litre of vegetable or chicken stock in a small saucepan & keep at low simmer.
2. Meanwhile, heat ½ tabs olive oil and 13g unsalted butter in large wide non stick pan over medium heat.
3. Add ½ finely chopped onion & cook stirring for 5mins until softened.
4. Add ¾ cups of Arborio rice and stir for 1 minute to coat grains in the butter.
5. Pour in 75mls white wine and cook for 2 minutes or until liquid is absorbed.
6. Add a ladleful of stock to the rice & stir constantly until absorbed.
7. Continue adding the stock, one ladleful at a time, stirring frequently and making sure the stock is absorbed before adding the next ladleful, until the rice is al dente. This will take about 20minutes.
8. Stir in 13gms unsalted butter, cover and set aside for 2 minutes.
9. To serve, stir in 35gms grated parmesan cheese, half hand full chopped flat leaf parsley and season to taste with salt & pepper.