



Vegetable Risotto

Source – a seasonally adapted recipe

Harvest – peas, carrot, capsicum, zucchini, onion, garlic, thyme

Vocab Words – translucent, simmer, Arborio rice

Skills – chopping, grating, frying, metric measures, ladle

Equipment:	Ingredients:
<ul style="list-style-type: none"> · Metric measuring cups and spoons · Metric measuring scales · Chopping boards and grips · Compost bowls · Knives · Saucepan · Frying pan · Grater · Ladle · Serving Items – bowls and serving spoons 	<ul style="list-style-type: none"> · 1 litre vegetable stock, plus hot water, extra · 60gm butter · 1 onion, peeled and finely chopped · 2 cloves of garlic, finely chopped · 1 teaspoon of thyme, finely chopped · 400gm Arborio Rice · ½ capsicum, cut into small cubes · ½-1 zucchini, grated · 1-2 carrots, peeled and grated · 3-4 silverbeet/kale leaves, chopped roughly · 1 cup frozen peas, thawed · 50-60gm parmesan cheese · Chives, finely chopped · Salt and pepper, to taste (soy sauce optional)

What to do:

1. Wash all garden items and prepare all ingredients based on the instructions in the ingredients list.
2. Add stock to a saucepan and bring to a simmer.
3. In a frying pan, over a low heat, melt **butter** and add **onion** and **garlic**.
4. Stir until soft and translucent, about 3-5 minutes, then add thyme for 1 minute.
5. Add rice and stir for a minute so each grain is coated. Add a ladleful of stock and stir gently.
6. Allow the rice to cook, stirring often, and add more ladles of stock as necessary – it's important to keep the rice moist and prevent from sticking to the bottom of the frying pan.
7. After the rice has cooked for about 10 minutes add vegetables, stir to combine and continue cooking and adding more stock as needed (add hot water if needing more liquid).
8. Test the rice – if becoming soft but still a little crunchy (about 20-25 minutes).
9. When rice and vegetables are cooked the add **parmesan** and **chives** and stir to combine. Serve.

Notes: Risotto can be made with a variety of ingredients - you can add to or omit any of the above. Add a tablespoon of soy sauce after the parmesan if you would like a more flavoursome dish.