



Tomato & Basil Risotto

Season: Summer/Autumn

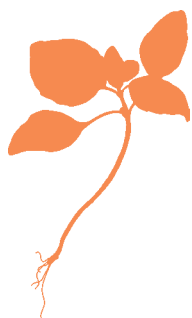
Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: basil, garlic, onion, tomato

Note: You can use either **Chicken Stock** (page 133) or **Vegetable Stock** (page 171) for this dish.

Equipment:

medium saucepan
metric measuring scales, jug
and spoons
clean tea towel
cook's knife
chopping board
grater/fine grater
large pot
mixing spoon
small saucepan
ladle
wooden spoon



Ingredients:

1.5 L **Chicken Stock** or **Vegetable Stock**
3 tbsp extra-virgin olive oil
1 large onion, peeled and finely chopped
3 garlic cloves, peeled and finely chopped
¼ head of celery, finely chopped
400 g risotto rice
1 tsp butter
1 small handful of parsley, finely chopped
50 g parmesan, grated
For the tomato and basil sauce:
60 mini plum or cherry tomatoes, halved,
or 10 large tomatoes, roughly chopped
50 ml olive oil
4 large garlic cloves, peeled and finely chopped
2 large handfuls of basil, torn
½ tsp salt
½ tsp black pepper

What to do:

1. Heat the stock in the medium saucepan.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Heat the oil in the pot. Add the onion, garlic and celery, and cook slowly for 10 minutes.
4. For the sauce, add the tomatoes to the small saucepan with the olive oil, garlic, basil leaves, salt and pepper. Stir and turn the heat to as low as possible, then cook for 10 minutes.
5. Add the rice to the large pot with the onion, garlic and celery mix. Turn up the heat a little and keep stirring. After a minute the rice will look slightly translucent.
6. Add your first ladle of hot stock to the rice and stir.
7. Turn down the heat and continue to add stock, stirring and allowing each ladle to be absorbed by the rice before adding the next. Continue until you have used all the stock.
8. Test the rice – it should be soft but with a slight bite. Add the tomato mix and stir through.
9. Remove the risotto from the heat and add the butter, parsley and parmesan.
10. Cover and rest for 2 minutes before serving.