

#virtualcookandeat

A project from The Octagon
and St. Andrews and All Saints Churches

Bacon and Pea Risotto (serves 4)

Ingredients:

2 tablespoons (olive) oil
Knob of butter
1 onion
6 rashers streaky bacon
300g risotto rice
1 courgette
1.2 litres vegetable stock
100g frozen peas
25g grated Parmesan cheese

Method:

First get everything ready. Peel and finely chop the onion. Grate the courgette (cut the stalk end off first). Cut up the bacon into small pieces – you may find it easier to use some kitchen scissors to snip the bacon into small pieces. Weigh out the rice. Prepare the stock, measure 1.2 litre of boiling water from the kettle into a saucepan and crumble in 2 vegetable stock cubes. Stir and leave on a low heat to keep hot. Heat 2 tablespoons oil and a knob of butter in a large, deep frying pan, add the finely chopped onion and fry gently until lightly browned (about 5-7 minutes) Add the bacon to the pan and fry for 5 minutes, until it starts to crisp.

Tip the rice and grated courgette into the pan with the onions and bacon, stir and cook for 1 minute.

Turn the heat up to a medium heat and add a ladleful of stock, keep stirring the mixture and when all the stock has been absorbed add another ladleful of stock. Continue, stirring and adding stock for about 15 - 20 minutes until most of the stock has been absorbed and the rice has swollen.

Tip in the peas, parmesan cheese and the remaining stock. Give everything a good stir and cook for another 3 minutes until the peas are cooked and the cheese has melted. Season with black pepper and serve!



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Now you have learned how to make a risotto, why not use some different ingredients but the same method and try these recipes?

Bacon & pea risotto	Broccoli & ham risotto	Tomato & chorizo risotto	Sausage & carrot risotto
Oil/butter	Oil/butter	Fry 200g chopped chorizo (to release the oil)	Fry 8 sausages for 10 minutes & remove from pan.
1 onion	1 onion	1 onion	1 onion (use the oil from the sausages)
Streaky bacon	1 leek, finely sliced 4 garlic cloves, crushed 110g ham cut into strips		4 garlic cloves, crushed
300g risotto rice 1 courgette, grated	300g risotto rice	300g risotto rice 1 tin chopped tomatoes	300g risotto rice 2 carrots, grated
1.2 litres vegetable stock	1.2 litres vegetable stock	1.2 litres chicken stock	1.2 litres vegetable stock
100g frozen peas	160g broccoli, cut into small florets	100 g frozen peas	Slice the sausages & add
25g Parmesan		25g parmesan	100g cheddar cheese
	Sprinkle of parmesan to serve		Chopped parsley to serve



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