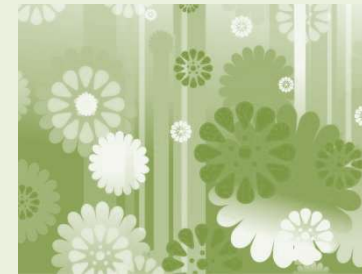




XCentric Ideas



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Risotto

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Risotto



What is Risotto? Risotto is both the name of a dish – and also a way of cooking rice.

Risotto is a class of Italian rice dishes cooked in broth to a creamy consistency. The broth may be meat-, fish-, or vegetable-based. Many types of risotto contain butter, wine and onion. It is one of the most common ways of cooking rice in Italy.

A high-starch round medium- or short-grain white rice is usually used to make risotto. Such rice have the ability to absorb liquids and to release starch and so they are stickier than the long grain varieties.

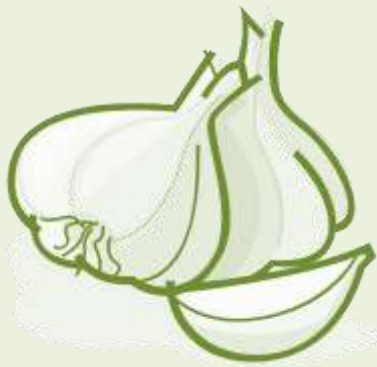
Look in the shops for rice labeled **Risotto** or **Arborio**.

I'm pretty sure most of you have heard that making **Risotto** is a lengthy, fiddly process. Yes, it normally is. **But** in true **Alma-style**, I have searched the Internet and found an easy, no-fiddly way of cooking **Risotto** – by cooking it in the oven!!

My absolute favourite way of cooking **Risotto** is with brown button mushrooms and a packet of exotic mushrooms, together with a chicken broth. It never, never fails to deliver in taste, flavour and satisfaction.

But the beauty of this issue and these dishes, are you can make it with left-over meat and with any vegetables – an easy one-pot dish!





Mushroom risotto

4 tbsp margarine/butter
½ onion, chopped finely
2 cups boiling water
200g packet mixed exotic mushrooms, sliced
(or just brown mushrooms)

1 garlic clove, chopped finely
1 cup risotto rice, raw
4 tsp chicken stock granules
black pepper
1 small white Truffle, grated finely (optional)

Preheat oven to 200 oC. Use an oven dish with a lid. Place margarine/butter, onion, garlic, rice, stock, truffle, ½ of the mushrooms and pepper in the dish and stir to combine. Put the lid on and bake for 30 minutes. Remove dish from the oven, stir, add the remaining mushrooms, cover again and bake for another 20 minutes.



Asparagus, marrow, mangetout risotto

1 cup risotto rice, raw
4 tbsp margarine/butter
1 celery rib, sliced
black pepper
5 fresh asparagus spears
fresh basil

2 cups boiling water
4 tsp chicken granules
½ cup leek, sliced (optional)
4 baby marrows, sliced
4 mangetout, sliced
feta, to taste

Preheat oven to 200 oC. Use an oven dish with a lid – add the rice, margarine/butter, celery, pepper, boiling water, chicken granules and leek. Stir, put on the lid and bake for 30 min. Remove from oven, add the marrows, asparagus and mangetout and bake covered for 20 min. Remove, stir in basil & feta and enjoy.

Recipe: my own recipe

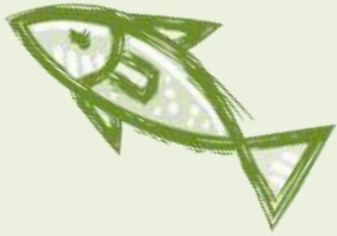


Bacon, onion, pea risotto

1 cup risotto rice, raw
2 cups boiling water
4 tbsp margarine/butter
½ packet (85g) bacon, cubed, raw (optional)

½ onion, chopped, raw
4 tsp beef stock granules
black pepper
1 cup frozen peas (keep in freezer till needed)

Preheat oven to 200 oC. Use an oven dish with a lid. In the dish, add the raw rice, raw onion, boiling water, beef stock, margarine/butter, pepper and the raw bacon. Stir well. Bake with the lid on for 30 minutes. Remove from the oven, add the frozen peas, stir well and bake with lid for another 20 minutes. Serve with Parmesan/Cheddar cheese.



Fish, celery, lemon risotto

300g hake fillets, cubed, raw
1 cup risotto rice, raw
4 tsp vegetable stock granules
½ red bell pepper, sliced (optional)
black pepper to taste

3 small celery fingers, sliced
2 cups boiling water
4 tbsp butter/margarine
fresh coriander, to taste, sliced finely
1 tsp lemon zest

Preheat oven to 200oC. In oven dish with lid, add rice, raw fish, water, celery, vegetable stock, butter/margarine, red bell pepper, lemon zest, coriander & pepper. Stir everything together, put the lid on and bake for 30 minutes. Remove from oven, stir, put lid back on and bake for 20 minutes. Sprinkle parmesan cheese over & some sour cream/cream cheese and enjoy.



Pea risotto

1 cup risotto rice, raw
2 cups boiling water
Black pepper to taste
Chilli flakes (optional)

4 tbsp margarine/butter
4 tsp chicken stock granules
400g tin garden peas, drained

Preheat oven to 200 oC. Mash up $\frac{1}{2}$ of the tinned peas, leave the rest whole. In an oven dish with a lid – add the rice, margarine/butter, boiling water, chicken stock, the mashed peas, pepper and chilli. Stir. Put lid on, bake for 30 minutes. Remove from oven, add the rest of the peas, stir and bake with lid for another 20 minutes. Serve with freshly shaved parmesan cheese



Red pepper, green bean, corn risotto

1 cup risotto rice, raw
4 tsp chicken stock granules
200g butternut cubes, raw
410 g tin kernel corn, drained
black pepper

2 cups boiling water
4 tbsp margarine/butter
410 g tin green beans, drained
1 red bell pepper, cubed

Preheat oven to 200oC. Put all the ingredients in an oven dish (with a lid). Stir everything together. Put the lid on, bake for 30 minutes. Remove from oven, stir, put lid back on and bake for another 20 minutes.



Spanish green bean, tomato risotto

1 cup risotto rice, raw
2 cups boiling water
Pepper, herbs
1 x 410g tin chopped, peeled tomatoes

4 tsp chicken/beef/veg stock granules
4 tbsp margarine/butter
1 x 410g tin green beans, drained
feta, cubed (optional)

Preheat oven to 200 oC. In oven dish with a lid, add the rice, chicken stock, boiling water, pepper, herbs & margarine/butter. Stir till the margarine is melted. Add the green beans & tomatoes. Put the lid on, bake for 30 minutes. Remove from oven, stir, replace the lid and bake for another 30 minutes. Stir in feta cubes and serve.