



Tomato Risotto



It's amazing how you can get to the flavour of a restaurant quality risotto using ingredients in your home kitchen.

In an effort to try and reduce trips to the supermarket I made a risotto using ingredients I had lying around in my kitchen the end result turned out to be delicious.

When it comes to risotto the combinations and variations are endless so you can have fun and make it your own. I prefer to stick to simple flavours for example in this case I had a zucchini that needed using whereas you could substitute it with chorizo, bacon, mushrooms, olives - whatever you like,

INGREDIENTS:

- 350G ARBORIO RICE
- 4 CUPS (1 LITRE CHICKEN STOCK)
- 1 WHITE ONION, FINELY CHOPPED
- 4 TBSP. TOMATO PASTE
- 4 TBSP. MASCARPONE
- 1 TBSP. OLIVE OIL
- 3 GARLIC CLOVES, FINELY CHOPPED
- 1 LARGE ZUCCHINI
- SALT & PEPPER TO SEASON
- 1 TBSP. GRATED PARMESAN

INSTRUCTIONS:

In a large deep saucepan under a medium heat add 2 tsp of olive oil and sauté the onion for 2-3 minutes. Meanwhile cut your zucchini in half lengthways then cut into slices. Add the zucchini to the pan and fry for 1 minute. Add the rice and garlic and stir to stop it sticking just for a few seconds.

Add a few ladles of chicken stock and continue to stir until the rice starts to absorb the stock. Add the tomato paste and continue adding the stock a ladle at a time, allowing the rice to absorb the stock each time whilst constantly stirring. When there are just a couple ladles of stock left add the mascarpone, salt, and pepper to taste, then the remaining ladles of stock as before and stir until it reaches a nice creamy consistency but not too sticky.

Add the parmesan, stir and serve.

NOTES:

- Make sure to sauté the onion until soft as it will release a lot of flavour.
- Always add the stock a ladleful at a time allowing the rice to absorb the liquid in between. This helps create a creamy, silky texture as the rice absorbs all the flavours. If you add all the stock at once the rice will just boil and not be as tasty or creamy.
- Stir often but you don't need to constantly stir or it releases too much starch and makes the rice sticky. Just look after it, don't let it stick and stir it after adding stock.
- Seasoning the amount of seasoning will depend on the stock that you use so always taste and add a little salt at a time.
- Use your cream cheese — either plain or mixed — if you don't have you mascarpone. The flavour and texture will be slightly different than that of mascarpone, but similar enough that it will not adversely affect the recipe recipes

