RISOTTO WITH PEAS & BROAD BEANS

Serves 4

INGREDIENTS:

1 tbsp olive oil
100g cold butter, diced
1 small onion (or 2 shallots), chopped
175g risotto rice
100ml white wine
600ml hot vegetable stock
50g parmesan (or vegetarian alternative), finely grated
200g fresh peas, podded (about 1kg unpodded weight)
200g broad beans, podded (about 1kg unpodded weight)

DIRECTIONS

Heat the oil and 25g of the butter in a large pan over a medium heat. Add the onion and cook until soft and translucent, about 4-5 minutes. Stir in the rice and cook for a further 2 minutes. Turn up the heat, add the wine and let it bubble to evaporate the alcohol.

Once the wine has reduced, begin adding the hot stock a ladle at a time over a medium heat, allowing each addition to be absorbed before adding the next and stirring continuously. The rice should always be moist, but not swimming in liquid. The adding and stirring should take about 16-20 minutes, depending on what kind of risotto rice you use.

Bring a pan of salted water to the boil and blanch the peas and beans for 2-3 minutes. Drain and set aside. Remove the risotto from the heat and stir in the remaining butter, parmesan, peas and beans with some seasoning before serving.