



## YOUR RECIPES FOR THIS WEEK

### RISOTTO MASTERCLASS

CLASSIC MUSHROOM RISOTTO (SERVES 3):

#### Ingredients

1 cup Egyptian rice, not washed

1 onion, finely diced

¼ cup white wine

4 tablespoons olive oil

1 cup beef stock (can replace with vegetable)

½ pack of mushrooms, sliced finely

¼ cup grated parmesan cheese

1 tablespoon butter

Salt & pepper to season

#### Method

- Sweat your onions on medium heat taking care not to brown them, then add the mushrooms and stir for 5 minutes.
- Add the rice and sauté for a further 5 minutes, and then add the wine. The wine will help release all the starch from the rice, creating the base cream for the risotto.
- When the rice turns a bit translucent, add the stock a ladle to two at a time, stirring once and covering the rice till it absorbs all the stock.
- Repeat for another 18-20 minutes till the risotto becomes al dente with just a light bite to it.

- To finish it off, turn off the heat, then add butter and parmesan stir it well and cover for one minute before serving.

FOR THE GOAT CHEESE - PEA & CHICKEN RISOTTO :

- Repeat same method with the classic risotto, but :
- Replace beef stock with chicken stock
- Add chicken after your first ladle of stock
- Add peas & one lemon squeezed, before your last ladle of stock (letting them cook in the stock)
- Add goat cheese with parmesan & butter at the end.
- Use marjoram or sage for garnish

BON APPETIT 😊