

Seafood Risotto

This straightforward recipe was adapted from that from the Ricardo website¹.

Ingredients

| | |
|----------|--|
| 1 litre | chicken stock |
| ½ tsp | saffron (If you do not have saffron, simply omit it) |
| 4 | carrots, <i>cut into chunks</i> |
| 1 | onion, <i>cut into chunks</i> |
| 2 cloves | garlic, <i>peeled</i> |
| 2 tbsp | butter |
| 210 g | arborio rice |
| 180 ml | white wine |
| 70 g | Parmesan cheese, <i>freshly grated</i> |

Garnish

| | |
|--------|---------------------------|
| 2 | carrots, <i>julienned</i> |
| 3 tbsp | butter |
| 2 tsp | lemon juice |
| 340 g | raw tiger prawns |

For the risotto

Bring the stock to a boil, add the saffron and keep warm.

Using a food processor, finely chop the carrots, onion and garlic. In a large pot over medium-high heat, soften the vegetables in the butter. Add the rice and cook for 1 minute, stirring to coat in the butter. Add the wine and let reduce until almost dry.

Over medium heat, add the stock, about 250 ml at a time, stirring frequently until the liquid is completely absorbed before adding more stock. Season with salt and pepper. Cook for 18–22 minutes, or until the rice is al dente. Add more stock as needed.

Off the heat, add the Parmesan and stir until creamy. Adjust the seasoning.

For the garnish

In a non-stick skillet over medium-high heat, soften the carrots in half of the butter. Add the lemon juice. Season with salt and pepper. Set aside on a plate.

In the same skillet over medium heat, cook the shrimp in the remaining butter without letting them brown. Season with salt and pepper.

Divide the risotto among four bowls. Garnish with the carrots, the lemon juice and the prawns.

1. <https://www.ricardocuisine.com/en/recipes/8577-carrot-and-shrimp-risotto>