

Lemon Risotto

by Bonnie Mackay Serves 4

Ingredients

- 2 tablespoons of olive oil
- 2 large leeks, washed, trimmed and sliced finely
- 4 cloves of garlic, crushed
- 2 cups of Arborio rice
- 4 cups of chicken stock, hot
- 100ml dry white wine (optional and added with stock)
- Grated zest and juice of one large lemon
- Freshly grated parmesan to taste (minimum 100g)
- 4 knobs of butter

Method

- Put the stock in a saucepan and bring to the boil and then simmer.
- Place the olive oil and 2 knobs of butter in a large saucepan over a low heat.
- Add the garlic and leek. Sauté until fragrant and the leeks are transparent (approximately 4-5 minutes).
- Add all of the rice and increase heat to medium.
- Stir the rice slowly ensuring it doesn't stick to the bottom.
- When all of the rice is coated in the olive oil and butter add one cup of stock.
- Simmer until all the stock has been absorbed then add another cup of stock and continue this method until all the stock has been added.
- Expect not to leave the stove at all during this process. Have a glass of wine handy!
- Check your seasonings and add salt and pepper if desired. Place the lid on the pan and reduce heat to low.
- Leave simmering for 15 to 20 minutes. Don't overcook or boil the rice dry. Nor should it be sloppy!
- Check that all the stock has been absorbed. The rice should be just cooked and slightly chewy.
- Fold in cheese, juice, zest and remaining butter.
- Cover for two minutes.
- Serve.

Cooks note:

I always make double of this delicious dish. You inevitably eat more than you think you will and if you don't eat it today, it's wonderful made into 'Arancini' or rice balls the next day for lunch.