





Recipe Details

Recipe Name : **Lettuce Risotto**
Recipe Category:
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Portions : **6**



Weight (Per Portion)

One portion of this dish weighs approximately 878.00 Grams

Recipe Ingredients

Ingredient	Quantity	Allergen Warnings
Lettuce, average, raw	4 Medium	
Homemade Vegetable Stock	1 Litre	
Rice, arborio, raw	350 Gram	
Oil, olive	3 Tablespoon	
Garlic	1 Clove	
Onions, raw	1 Medium	
Salt, table	1 Pinch	
Pepper, black	1 Pinch	
Peas, raw	100 Gram	
Onions, Spring or Scallions	12 Medium	
Butter, unsalted	1 Teaspoon Heaped	
Cheese, Parmesan, grated	20 Gram	

Recipe Alerts

Special Dietary Requirements Suitability:	 Vegetarian
Allergen Warnings:	 Milk

Recipe Method

1. Pick over, wash and roughly shred the lettuces (2-4 mixed lettuces, depending on size). 2. Bring the vegetable stock (or chicken stock) to the boil then turn the heat down to simmering point. 3. Heat the olive oil in a large, heavy-based pan and add the finely chopped onion or shallots. When it has started to soften, add the chopped garlic and cook for 1-2 minutes (do not allow the onion or garlic to brown). 3. Add the arborio rice to the pan and stir well until each grain of rice is coated with oil. Pour in the first ladleful of hot stock. 4. Stir the risotto until the stock has been absorbed, then continue to add the stock at intervals in this way. 5. About 15 minutes into the cooking time, when the rice is almost done, but still just a little bit chalky in the middle, add the shredded lettuce, shelled peas and sliced spring onions (cut diagonally into 1cm/1/2in pieces). 6. Stir gently to mix the vegetables through the rice. At first

Recipe Method

it will seem like you have added far too much lettuce, but it will soon wilt and give up its juices to the rice. 7. The risotto is ready when all the liquid has been absorbed, the peas are just tender and the rice is cooked (ideally about 3 minutes after you've added the lettuce). It should be creamy, not dry. 8. Stir in the knob of butter and serve immediately offering parmesan and a grater to your guests at the table.

