

Prawn, Pea, and Parmesan Risotto

This is a technically more challenging dish compared to the rest, however, simple enough to execute on a school night! I first mastered this when Jennie and I were living in Ashwell, and had the added complexity of dealing with a Rayburn stove. Based on an early Jamie Oliver protocol, I've simplified it over the years, so this version should work well.....

Ingredients

1 onion, finely chopped
2 tablespoons of olive oil
2 cloves of garlic, sliced
300 g Arborio Rice (this is for 3-4 people)
1 glass of dry white wine, or Vermouth (not essential but adds to flavour)
2 x 500 mL Chicken stock (i.e. two stock cubes each in 500 mL of water)
Approx. 100 g grated parmesan
1 packet frozen prawns (thaw these by placing them in a bowl of water, and replace the water a few times)
150 g frozen peas, or petit pois
Salt and pepper to season

Method

Fry the onion in the olive oil until softened. Add the rice and stir for a minute or so before adding the white wine or Vermouth. Let the alcohol evaporate off, and then add the first bolus of stock (this need to be hot). Cover, and stir occasionally, but do not allow it to stick.

Once the rice has absorbed the stock, add a second portion (again, this should be hot). Cover, and allow the rice to absorb the stock. Next, taste the rice – if it is still hard, add a little more hot water from a kettle – do not add too much as the risotto shouldn't look like soup!

If you are satisfied that the rice is cooked, then add the thawed prawns. Cook for two minutes or so before adding the peas, and the parmesan. Check the seasoning, and serve for major butt-munching points!

