

PRAWN & SAFFRON RISOTTO

INGREDIENTS

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For the Prawns:

1kg prawns, shell on, deveined and cleaned
3tbsp butter
1/4 cup olive oil
2 cloves of garlic, finely chopped
1 glass white wine Salt & pepper

For the risotto

2 cups prawn stock 1/4 cup olive oil
1 medium onion, diced
1 stick of celery, finely chopped
1 carrot, finely chopped
Large pinch of saffron
2 cups arborio rice
1 cup dry white wine
1 tablespoon flat leaf parsley, chopped 4
tablespoons cold butter
Salt and pepper

METHOD

STEP 1:

To Make the Stock:

1. In a large heavybased saucepan, add the butter and olive oil. Place over a medium heat. Once it is hot add the garlic and stir quickly. Almost immediately add the prawns. Add them in a single layer allowing them to colour, but NOT cook all the way through.
2. As the prawns are cooked remove and set aside. Once all the prawns have been cooked, remove their heads and shells. Reserve all the juices and shells.
3. Return the pan to the heat, add half a roughly chopped onion, a small bunch of fresh celery leaf and stir to coat.
4. Once the onion starts to soften add the white wine and deglaze the pan. Now add back all the prawn shells and reserved juices.
5. Add 2litres of a good quality light vegetable stock and simmer for 20-minutes, skimming off any foam that surfaces.
6. Strain and use immediately, or allow to cool and freeze

To Make the Risotto

1. Heat the oil in a large saucepan over medium heat; add onion, carrot and celery and season with salt and pepper
2. Add the rice and stir to coat with the oil; season with salt and pepper and cook until slightly translucent.
6. The rice should be hot and sizzling, you should stir carefully to ensure it does not stick.
7. Add wine to the hot rice, the liquid should hiss and be quickly absorbed. Stir gently until almost all the liquid has cooked off. Add hot stock and broth mixture, a ladleful at a time, completely stirring in the liquid each time. Remember at this stage you are trying to coax the starches out the rice by gently and continuously stirring.
8. Keep adding broth as needed so there is always a 1/2cm liquid layer over the rice.
9. After about 8 minutes add add the saffron which has been soaked in 2 tbsp warm water
10. After 15 to 20 minutes, the rice should be close to al dente.
11. At this stage add the reserved prawn meat, cut into bite size hunks, and stir to combine well - the prawns will cook through in the heat of the rice.
12. Taste and adjust seasoning
13. Now cover the pan, and allow it to stand for 2-3minutes.

THE COOKERY

by The Secret Jozi Chef