



1. Autumn Vegetable Risotto

Season: Autumn /Winter

From the garden: Eggplant, Beans, Tomato, Spring onions, Spinach , Silverbeet, Herbs, Garlic

Type: Risotto Difficulty: Easy

Serves: 12 adults as a side dish/ 30 tastes

Recipe source: Marco Edwardes

Equipment	Ingredients
Small fry pan	
Chopping board x 3	100 ml extra virgin olive oil
Kitchen knife x 3	2 onions
Scales	6 garlic cloves
Measuring cups and spoons	Any seasonal vegies
Grater	1 litres (4 cups) chicken or vegie stock
Medium saucepan and large saucepan	500g carnaroli or Arborio rice
Ladle	100 g butter
Egg flip or wooden spoon for stirring	4 tablespoons chopped herbs
Bowls for serving	50g grated parmesan

How to make it:

1. Wash all the vegetables and herbs under cold running water.
2. Dry in a colander
3. Peel garlic and crush.
4. Cut all the vegetables and herbs into small pieces and place in a bowl.
5. Heat a small fry pan over medium heat. Add 2 tablespoons of olive oil
6. Fry all the vegetables until wilted, remove from heat and set aside,
7. Heat the chicken or vegetable stock in a small sauce pot. Keep warm,

8. Heat a bigger sauce pot over medium heat and add the butter and fry the crushed garlic until fragrant. Add the risotto rice and stir for a few minutes until the rice is hot and coated with butter from all sides. Now ladle stock into risotto pot one at a time until risotto absorbed all the liquid and repeat until all stock is used up and risotto is 'al dente'.
9. Add all the pre cooked vegetables, chopped herbs and grated parmesan.
10. Season to taste with salt and pepper. Serve in large serving bowls.

Risottos are commonly cooked in Italy. There are hundreds of recipes available. Risotto is a great dish for cooler days and easy to do. Use this recipe as a guideline and try to create your own version to enjoy with your family and friends.