

Pea and prosciutto risotto

SERVES: 2

Preparation

20
mins

Cooking

35
mins

Serving & Presentation

5
mins

Total time:

60 MINUTES

INGREDIENTS



1 teaspoon olive oil



15 g butter



½ small brown onion, diced



½ cup Arborio rice



2 cups chicken stock, hot



¼ cup frozen or fresh green peas



2 slices prosciutto, thinly sliced



1 tablespoon parmesan cheese, freshly grated



1 pinch white pepper, to taste

METHOD

- 1 Place the oil and butter into a saucepan and heat. Add the onion and sauté until translucent.
- 2 Add the rice and allow to sit for a couple of minutes over a low heat to seal the rice.
- 3 Using a ladle, add the chicken stock, a quarter at a time. The rice should always be covered by liquid. Stir well after each addition of stock.
- 4 After 15 minutes, check the tenderness of the rice.
- 5 When the rice is *al dente*, add the peas and prosciutto and stir through to warm.
- 6 Remove the saucepan from the heat and add the parmesan and pepper. Taste and adjust flavours if necessary.
- 7 Cover and let rest for 2 minutes before serving.

tips & Techniques

The rice used to make risotto is a short, flat, fat grain. This gives the dish its distinct sensory properties and produces a creamy finish.

Al dente means 'to the tooth', firm but not hard.

The chicken stock must be consistently hot – not hot then cold, hot then cold – this ensures that the temperature of the rice does not decrease and allows for gelatinisation to occur at a constant temperature.

When preparing a risotto it is important to seal the rice. This ensures the rice grain remains whole and does not become too mushy.

