

prickly cabbage risotto.

equipment:

(serves 6)

Large wide pot, bowls, measuring cups, scales, wooden stirrer/spoon, knives, chopping board, grater, colander, large metal ladle, slotted spoon, frying pan

***** note:** We didn't use the chives and sage leaves, and added 2 tablespoons of crushed basil leaves and olive oil#.

Ingredients:

¼ cup olive oil

20 gms butter

1 onion

2 cloves garlic

2 cups arborio rice

1½ litres hot stock; -approximately

5 prickly cabbage leaves

80gms parmesan cheese

5 chives

salt, black pepper

30 gms butter , extra

8 sage leaves

method:

Make sure stock on the stove is hot.

Chop onions and garlic finely.

In the large pot, heat the olive oil and butter. Gently fry onions and garlic until soft, using the wooden stirrer.

Tip in the rice and stir well for a few minutes.#

Add a ladleful of hot stock, making sure that the rice is always JUST covered. Simmer, stirring constantly. The rice will absorb the hot stock and start to swell. Continue to add a

ladleful of stock as the last one absorbs, remembering to stir.

While the risotto is cooking, have someone wash and cut the cabbage leaves into fine strips. Wash and dry herbs.

Grate parmesan.

Chop chives.

Put a serving dish into a low oven to keep warm.

After 15-20 minutes taste the rice. It should be just a little bit nutty in the centre of the grain, but otherwise soft.

When cooked, turn off the heat and stir through the cabbage.

In a frying pan, melt the butter over a medium heat. Drop in the sage leaves, and swirl around until the butter foams and the leaves are crisp. With the slotted spoon, put the sage leaves on a dish. Stir the butter through the risotto.

Stir through the chopped chives, salt, pepper and parmesan.

Place into the serving dishes and sprinkle over the sage leaves.