



Recipe

Mushroom, Prawn and Pea Risotto

Ingredients

Serves 2

250gm shallots
(or white onion)

3 cloves of garlic

150gm Arborio rice

250ml white wine

500ml good chicken
stock

150gm Shiitake
mushrooms

150gm raw tiger
prawns, shelled

75gm frozen peas

60gm butter

Vegetable oil

Black pepper

Salt

Preparation method



- Divide the butter between a medium sized saucepan and a frying pan and add a little oil to each and put both on a gentle heat. In a separate saucepan, bring the chicken stock up to a gentle simmer. If you are using frozen prawns, cook them in the chicken stock and set aside.
- De-frost the peas in a microwave oven, set aside.
- Chop the shallots finely and crush the garlic and sweat them off in the saucepan for five minutes until they are translucent, do not allow them to colour.
- At the same time add the shiitake mushrooms to the frying pan and cook gently until soft, set aside.
- Add the Arborio rice to the shallots and continue to fry gently for 2 minutes, until the rice is well coated. Add the white wine (we find a dry, fruity example works best – a Sauvignon Blanc is ideal) and bring to a simmer and cook gently until the wine is almost absorbed. At this point add a couple of ladles of chicken stock to the rice and continue cooking, stirring frequently. Add more stock as it is absorbed until is used up. At this point the rice should be soft, with just a slight bite to it. If not add boiling water little by little until the right consistency is reached.
- Bring the risotto together by adding the prawns, mushrooms and peas to the rice. Season with black pepper and salt to taste. Bring it back up to simmering point and serve immediately, with freshly grated parmesan cheese if desired.

Cook's Tip: If you prefer, or just for a change, use diced chicken instead of prawns. Cook the chicken before adding it to the risotto.