CARE TO COOK

Community
Integrated
Care

ROSEMARY'S RISOTTO







What you will need

For the Risotto



500g Unsalted Butter



1 Chopped Onion



1 Chopped Leek



350g Risotto Rice



2 Litre Vegetable Stock



60g Parmesan/Cheddar



8 Tablespoons Chopped Herbs



Salt and Pepper

What you will need

For the Chicken



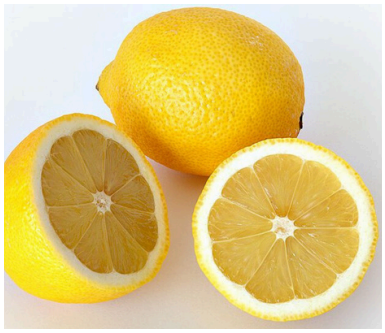
2 Large Chicken Breasts



30g Butter



Rapeseed Oil



1 Lemon



Herbs



Salt and Pepper

COOKING

RISOTTO

RICE

Method

Wash your hands and put on your apron.



Pour the vegetable stock into a saucepan, bring to boil and simmer. Keep over a very low heat.



Melt the butter in a frying pan.



Add risotto rice to the frying pan and stir well, until all the rice is coated.



Add a ladle of stock to the frying pan.



Allow the risotto rice to absorb the stock completely, stirring all the time.



Add another ladle and repeat again until all the stock has been used. The heat should be at a gentle simmer throughout for about 25 to 30 minutes.



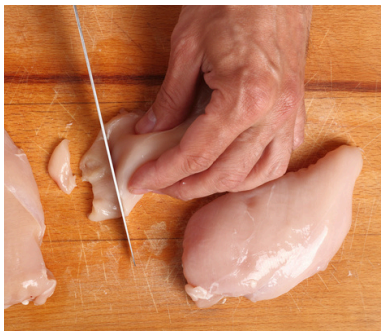
Once cooked, stir in the parmesan and herbs, leave a few herbs back for decoration.



COOKING CHICKEN BREAST

Method

While the risotto is cooking, slice the chicken through the middle to make 4 smaller pieces.



Heat the frying pan to a medium heat and add the chicken breast.



Cook the chicken for around 3 minutes on one side and then turn over to cook for another 2 minutes until cooked through.



Season the chicken with herbs and allow to rest.



To finish, season the risotto with salt and pepper and place the chicken breast on top. Decorate with your left over herbs.

