



Speaking of Food CIC

Risotto

the Easy Peasy Chicken one



You will be amazed at the delicious comfort food risotto is, and this easy store cupboard version.

Ingredients for 4 portions

- 200g of rice – arborio is traditional but basmati rice works too
 - 400g can of chicken in white sauce **A**
(OR 300-400g mushroom soup **A**, plus a can of chickpeas or white beans, drained)
 - 2 stock cubes **A** made up to 700mls
 - 1 can of sweetcorn, drained or 200g frozen
 - 1 can of garden peas, drained or 200g frozen
- A** = potential allergen

If you make this again:

The **starchy grain** and the **stock** are the basic essentials but the variations are endless.

There are risotto style dishes made with different kinds of grains. Orzo pasta and barley are alternatives to rice.

Try a different stock – you can get lots of different cubes, stock pots and pouches.

You have lots of colourful **vegetables** to choose from including deli jars - fresh and frozen veg will need a little cooking before adding them halfway. You could 'steam cook' them first in the microwave.

The **creaminess** in this one comes from the white sauce or soup. Stirring in some grated cheese or ricotta cheese at the end will add creaminess to other versions.

Use fresh or dried herbs to complement the flavours of your ingredients. Lemon juice and/ or lemon zest can be used to 'brighten' a risotto.

Risotto is a great dish for making **expensive ingredients go further**. You only need small amounts of meat or fish to create four portions so you could use leftovers.

Use the widest pan you have for the risotto as you want lots of base on the low heat and plenty of stirring room. For a vegetarian version you can use canned mushroom soup and chickpeas or white beans instead of chicken in white sauce.

Method

1. Make up the stock with 700mls of boiled water.
2. Do not wash the rice – it's the starch in the rice combined with stirring in the stock that makes the correct texture of risotto. Put the rice in the pan and carefully add about 500mls of the stock. Bring the mix up to a simmer and stir gently and regularly for about 15 minutes.
3. Drain the canned peas and sweetcorn and add these along with the chicken in white sauce (or add mushroom soup and a can of drained chickpeas/ beans) and the rest of the stock to the pan. The temperature will come down in the pan when adding these ingredients so bring back to a simmer. Cook for another 10 minutes at a gentle simmer. Keep stirring regularly with a close eye on it now as it could catch and burn on the bottom of the pan.
4. When the risotto is the consistency of slow moving lava, and there is still some sauce oozing as you stir, the rice should be cooked and you have risotto. There might be a tiny white centre to the rice which is fine (al dente), it's still cooked.

Do not add salt as the stock and sauce/ soup will provide enough but you might want to add pepper or chives or grated Italian cheese to serve.

Acknowledgement: thanks to Barbara Freeman for the inspiration.