

MAGGIE BEERS BEETROOT RISOTTO

INGREDIENTS

2 large beetroot leaves
4 cup Chicken/or Veggie Stock
100g butter chopped
1 smoked bacon chopped (optional)
1 large onion
1/2 cup Verjuice
2 garlic cloves
2 cup risotto rice
1/2 tspn sea salt
2 sticks celery
1 cup parmigiano reggiano
1/3 cup Extra Virgin Olive Oil
Small handful flat leaf parsley



METHOD

- Place in a saucepan of cold salted water, bring to a simmer over high heat, then reduce the heat to medium and cook, covered until tender.
- Drain the beetroot, reserving one cup (250 ml) of the cooking liquid. When cool enough to handle, slip the skins off by hand, then coarsely grate the flesh into a bowl and set aside.
- Bring the Chicken Stock to the boil in a saucepan and keep warm.
- Meanwhile, melt the butter with two tablespoons of the Extra Virgin Olive Oil in a heavy-based saucepan over medium heat, then add the belly bacon and cook for 1 minute.
- Add the onion and saute for 5 minutes, then add the garlic and cook for 2 minutes or until lightly golden.
- Add the rice and stir to coat, then increase the heat to high. Make a well in the centre of the rice, then add the Verjuice and cook, stirring, until the Verjuice has evaporated.
- Stir in two teaspoons salt. Reduce the heat to medium and add the reserved cooking liquid and then the hot stock, a ladleful at a time, stirring continuously and waiting for each addition to be absorbed before adding the next.
- When you have used two-thirds of the stock, stir in the grated beetroot and check for seasoning. Add another ladleful of stock, then stir in the celery. Add the remaining stock, then continue to cook until the rice is al dente and the mixture is thick and syrupy: the total cooking time should be about 20 minutes.
- Stir in the Extra Virgin Olive Oil and grated Parmigiano.
- Serve with a fresh parsley scattered, a final drizzle of Extra Virgin Olive Oil
- and ground black pepper top with a rocket and a wedge of lemon.

