

Chicken and Roast Butternut Risotto for two

150gm Arborio Rice
1tr Chicken Stock
100ml white wine
1 Onion finely diced
1 Clove garlic finely chopped
1 Butternut skinned and cubed
1 Breast of Chicken Thinly sliced

Method

In a medium sized saucepan, sweat the onions & garlic off in a little olive oil until soft and without colour.

Add the rice and stir until the rice is coated in the oil and onions. Add the white wine and simmer until almost all of the wine has been soaked up by the rice.

Slowly add the chicken stock and allow the rice to soak up each addition before adding the next quantity. This will take about 15 minutes for the whole process.

In the meantime, fry the chicken and cubed butternut in a frying pan in a little olive oil and transfer to the oven to continue cooking. This will take approx. 15 minutes.

Once you have finished adding all the stock to the rice, it should be sloppy, but not watery. The rice should ideally be soft, but with a little firmness on the inside. (This can take a little practice)

At this point stir quite vigorously as this will allow the gluten within the rice to work its magic and thicken the risotto a little more. Add your cooked butternut and chicken and season to taste. A little grated parmesan added at this point will give your risotto the finishing touch.

The basic risotto recipe can be adjusted to suit vegetarians, by substituting the chicken stock for vegetable stock and a whole variety of alternative extras added such as prawns, peas, spinach and mushrooms.