

PRAWN AND FENNEL RISOTTO

EQUIPMENT

SMALL DEEP BAKING TRAY, SMALL SAUCEPAN, MEDIUM FRYPAN,
WOODEN SPOON, CHEF KNIFE, FOIL, SIEVE

INGREDIENTS

6 MEDIUM SIZE GREEN PRAWNS, 150GM ARBORIO RICE, 1 DICED BROWN ONION,
3 GARLIC CLOVES, 1 HEAD FENNEL (FRONDS PICKED AND SET ASIDE)
2 SPRIGS OF TARRAGON, 350GM WATER, SALT, 30GM BUTTER, EXTRA VIRGIN OLIVE OIL

METHOD

TO BEGIN PEEL THE PRAWNS AND PLACE THE HEADS AND SHELLS INTO A SMALL SAUCEPAN ALONG WITH 1 CRUSHED GARLIC CLOVE, SOME FENNEL FRONDS, TARRAGON AND A SPLASH OF EXTRA VIRGIN OLIVE OIL

PLACE THE POT OVER MEDIUM HEAT ON YOUR STOVETOP AND STIR UNTIL THE PRAWN HEADS BEGIN TO COLOUR AND GO DEEP ORANGE HUE

ADD THE WATER TO THE POT AND INCREASE THE HEAT TO HIGH AND BRING THE STOCK TO THE BOIL

WHILE THE STOCK COOKS SLICE THE PRAWNS IN HALF LENGTHWAYS AND SET ASIDE

FINELY DICE ½ THE HEAD OF FENNEL AND ADD TO THE DICED ONION, CRUSH AND CHOP THE GARLIC AND ADD TO THE FENNEL AND ONION

HEAT A MEDIUM SIZE FRYPAN OVER MEDIUM HEAT AND ADD A SPLASH OF EVOO

ADD THE ONION, GARLIC AND FENNEL AND SAUTÉ OVER MEDIUM HEAT FOR 2-3 MINS UNTIL TRANSLUCENT, ADD THE RICE AND TOAST FOR A FURTHER 2 MINS

PLACE THE RICE IN A SHALLOW BAKING TRAY AND USING A FINE MESH SIEVE STRAIN OVER 85% OF THE HOT PRAWN STOCK

COVER THE TRAY WITH FOIL AND SEAL THE EDGES TIGHTLY AND PLACE INTO A PRE-HEATED OVEN STEAM SETTING 100 DEGREES FOR 14 MINS

ONCE THE RICE IS COOKED REMOVE FROM THE OVEN AND LEAVE COVERED FOR 2 MINS WHILE YOU HEAT THE SAME FRYPAN OVER MEDIUM HEAT

ADD A SPLASH OF OIL TO THE PAN AND SAUTÉ THE PRAWNS OVER MEDIUM HIGH HEAT FOR 1 MINUTE ON ONE SIDE ONLY

REMOVE THE FOIL FROM THE RICE AND ADD IT ALL AT ONCE TO THE PAN AND STIR WELL WITH A WOODEN SPOON

ADD THE REMAINING STOCK AND COOK ON THE STOVETOP FOR ANOTHER 1-2 MINS

REMOVE THE PAN FROM THE HEAT AND ADD THE BUTTER AND STIR IN WELL, CHECK THE SEASONING AND ADD SALT IF REQUIRED

PLATE UP THE RISOTTO SCATTER OVER RESERVED FENNEL FRONDS AND SERVE

HINTS & TIPS

- WHEN MAKING RISOTTO IT'S BEST TO STIR IT WITH A WOODEN SPOON, METAL SPOONS WILL CUT THE RICE GRAINS.

- PURCHASE YOUR PRAWNS GREEN AND WHOLE, YOU GET LOTS OF FREE FLAVOUR FROM THE HEADS AND SHELLS, MAKE SURE YOU USE THEM OR FREEZE THEM TO MAKE A FISH SOUP OR STOCK.