# Broad Bean, Silver Beet and Fennel-top Risotto

## Equipment
- Measuring Cup
- Pot
- Knife
- Chopping Board
- Ladle
- Several small bowls
- Wooden Spoon
- Colander

## Ingredients
- 3-4 baby leeks
- 1 onion, diced
- 2 cloves garlic, crushed
- Parsley
- Handful of fennel tops
- 1-2 cups shredded spinach/silver beet or chard (Handful of Broad Beans - double shelled if large)
- 1 ½ cups Arborio rice
- 4-6 cups stock
- 2 tablespoons olive oil
- 50g butter
- Small wedge of parmesan cheese (about 3 tablespoons)
- Salt
- Cracked pepper

## From the Garden
- Leeks, parsley, fennel tops, spinach and chard, broad beans.

## What to do
1. Prepare all ingredients
   - Set out chopping boards and knives
   - Shell the broad beans and blanch in a pot of hot water, drain and refresh in cold icy water. Double peel them and reserve for later.
   - Wash and slice leeks and place in bowl.
   - Peel and finely dice onion and place in bowl.
   - Wash parsley and fennel tops and dry using a tea towel or paper towel, chop them and place in bowl for later.
   - Wash and slice spinach/chard leaves into strands, removing stalks if they’re large.
   - Grate parmesan cheese until you have 3 tablespoons. Put in a bowl.
   - Weigh butter and cut in half (2 x 25g knobs)
   - Measure out rice.

2. Pour stock into pot and heat over a medium heat. Turn the heat to low and leave the stock with the ladle in it.

3. Place frypan over medium heat and add olive oil and one serve of butter (25g). When butter is melted add leek and onion.
   - Stir with a wooden spoon until well softened and glossy. (about 3 minutes)
   - Add crushed garlic.

4. Add rice to the frypan and stir to ensure that every grain is well coated with the buttery juices. The rice should look translucent before you add any liquid. When you add the liquid it will bubble up so step back.

5. Turn the heat down to a low simmer. Add stock ONE LADLE AT A TIME. The rice will absorb the hot stock and swell so don’t add more stock until the last ladle full has been absorbed. Keep doing this for about 15 minutes (4-6 cups of stock). You will need to taste the rice it should be a little nutty in the centre of each grain.

6. Stir in the second knob of butter, broad beans, spinach, parsley and fennel tops and two of the three tablespoons of parmesan cheese. Add a dash more stock, salt and pepper (if needed) and give the risotto a final stir. Remove from heat and cover. Allow to stand for 3-4 minutes before serving.

   Optional - Sprinkle with Gremolata (Chopped flat leaf parsley, finely grated lemon rind and fresh crushed garlic).

Talking points – different rice grains.