

Recipe No. 45/2014

Fennel, Leek and Lemon Risotto

Marc Friederich from Marc's Restaurant in Paarl and one of our Thermomix consultants, sent us this recipe which he serves in his restaurant.. One of the many wonders of the Thermomix is the easy, hands-free, flop-proof risottos it produces. Today's recipe is a vegetarian recipe and perfect for vegans if you omit the parmesan cheese.

Serves: 6 - 8 people

Total Preparation time: 25 minutes

Ingredients

60g Parmesan cheese, in small pieces
2 lemons
2 small fennel bulbs, quartered
1 onion, quartered
2 leeks, cut into pieces
2 cloves garlic
10g olive oil
350 – 400g Arborio rice
200g white wine
3 tblsp TM stock concentrate
1 000g water
Seasoning to taste
Pangrattato – recipe no 44/2014
Rocket leaves



Method

1. Place Parmesan into Tm bowl. Grate **7 sec/speed 8**. Set aside.
2. Peel rind of lemon. Place rind in TM bowl. Grate **10 sec/speed 7**. Repeat if necessary. Set aside.
3. Chop fennel in TM bowl **3 sec/speed 7**. Set aside.
4. Place onion, leeks and garlic into TM bowl. Chop **3 sec/speed 7**. Add olive oil and sauté **3 min/Varoma/speed 1**.
5. Insert **butterfly**. Add rice and wine. Sauté **2 min/100°C/reverse/speed 1**.
6. Add stock, chopped fennel, lemon rind and water.
7. Cook **15 – 16 min/100°C/reverse/speed 1**.
8. Remove **butterfly** and place in serving dish. Stir through Parmesan cheese. Leave to stand for about 5 minutes before serving.
9. Adjust seasoning. Serve and top each serving with pangrattato and fresh rocket leaves.

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