

Take and Make

With Brathay

MAIN: Vegetarian Rissotto

DESSERT: Easy Eton Mess

Before you start collect your equipment and wash your hands. Remember to tie back your hair whilst preparing food.

Veggie Risotto

1. Peel and dice the onion, carrot and parsnip.
2. Heat 1 tbsp oil in a deep pan and add the onion, carrots and parsnips and fry gently until the onion begins to soften.
3. Add 350g rice and gently fry for another 3 minutes
4. Mix the vegetable stock cubes to make 1200ml of stock.
5. Add 300ml stock to the pan and stir to until all stock is absorbed. Then continue adding stock 1 ladle/cup full at a time. Allow all stock to be absorbed before adding more.
6. Continue adding stock a little at a time until all stock is absorbed and rice is cooked - this takes around 18-20 minutes (you may need a little more water)
7. Stir in 140g of frozen peas and allow a few minutes for the peas to heat through.
8. Add grated parmesan to taste.

Easy Eton Mess

1. Crush the meringues and share between 4 bowls/glasses
2. Chop the strawberries and share between 4 bowls/glasses
3. Share the cream between 4 bowls/glasses

If you wanted to be really fancy why not add some ice-cream or a swirl of strawberry sauce.