



Sautéed Prawn and Pea Risotto

Matched with The Ned Sauvignon Blanc

6 cups chicken or vegetable stock
knob of butter
2 tablespoons olive oil
1 onion, finely chopped
1 leek, thinly sliced
2 cloves garlic, crushed
2 teaspoons fresh thyme leaves
1¼ cups risotto rice, eg Vialone Nano or Arborio
½ cup white wine
½ cup freshly grated Parmesan
2 tablespoons cream fraiche
1 cup frozen baby peas, blanched
sea salt and ground pepper

To finish

2 tablespoons butter
2 teaspoons olive oil
20 large, raw peeled prawns
fresh pea shoots, optional

Put the stock in a saucepan, heat and keep warm.

Melt the butter with the oil in a large saucepan over a medium heat. Add the onion, leek, garlic and thyme with a good pinch of salt, cover and cook until the vegetables are soft but not coloured. Add the rice, stirring well to coat each grain in the oil. Cook for another minute until the rice is warm (toasted).

Add the wine and stir until most of the liquid has been absorbed. Begin adding the stock, a ladle at a time, stirring and allowing the liquid to be absorbed before adding the next quantity. When the risotto is tender to the bite and has a creamy consistency (this should take about 20 minutes) stir in the Parmesan and cream fraiche. Season if needed and then fold in the peas.

To finish: Heat the butter and oil in a large sauté pan and cook the prawns until lightly golden.

Season. Place the risotto in warm shallow plates and top with the prawns and pea shoots. **Serves 4-6**



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