

Celery Rissoto



Serves 4



25 minutes



Winter/spring



Celery

INGREDIENTS:

- 1 whole celery
- 1 large onion or 1 bunch spring onion
- 2 tablespoons olive oil
- 250g (around 1.5 cups) Arborio rice
- 1 litre chicken or vegetable stock, heated to almost boiling
- 200g low fat cottage cheese or silken tofu
- Optional parmesan cheese

METHOD:

1. Chop the onion or spring onion into 1cm pieces and set aside.
2. Cut the base of the celery, around 5 centimeters from the end.
3. Remove the outer dark green stalks.
4. Cut off celery leaves from the inner stalks and set aside.
5. Wash the remaining celery stalks well to remove any dirt, then chop them into 1cm pieces.

6. Place a saucepan on the stove and turn the heat to medium. Add olive oil, onions, and celery. Cook until just softened.
7. Add in Arborio rice and stir well for 1 minute.
8. Add ½ cup of the heated stock and stir until absorbed.
9. Repeat step 8 until all of the stock is used up.
10. Taste the rice to see if it is fully cooked – it should be mostly soft with a little bit of hard left in the rice “al dente”. If it is still too hard, add in a little bit of hot water and continue stirring.
11. Blend the cottage cheese or tofu in a blender until smooth. Stir into the cooked risotto.
12. If you kept aside some of the chopped celery leaves, add it to the risotto now.
13. Stir for 2 minutes and remove from the heat. Optional: Add parmesan cheese to serve.

TIPS:

- *The outer dark green stalks can be put aside to add to your compost or worm farm.*
- *The inner green leaves add a nice punch of "celery" flavor to your dish when added at the end of cooking.*

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