

# Silverbeet, Kale and Leek Risotto

**Fresh from the garden:** silverbeet, kale, garlic chives

## **NOTES TO STUDENTS and VOLUNTEER:**

1. Work as a group to make this recipe.
2. Prepare all ingredients first before commencing the recipe.
3. Volunteers please supervise the students while they are heating the stock and cooking of the risotto.

### **Equipment**

- large saucepan
- 2 mixing bowls
- colander
- grater
- measuring spoons
- measuring cups
- chopping board
- knives – 1 small, 1 large
- tea towel
- salad spinner
- ladle
- scales
- frying pan
- wooden spoon

### **Ingredients**

- Small bunch silverbeet
- Small bunch kale
- Small wedge parmesan
- 1 large leek
- 5 cups vegetable stock
- 80g butter
- 1 ½ cups Arborio rice
- Freshly ground black pepper
- Garlic chives to garnish

### **What to do**

1. Carefully wash the silverbeet and kale.
2. Roll the silverbeet and kale and finely cut.
3. Grate the parmesan.
4. Wash the leek, trim the ends. Cut in half and then finely slice the leek.
5. Heat stock in large saucepan until warm.
6. In a fry pan melt half the butter, and sauté the leek. When the leek has softened, add the rice. Stir the rice to ensure all grains are coated in butter.
7. Add a ladleful of stock and stir until the stock is absorbed. Continue to add 1 ladleful at a time. Leave 2 ladles of stock for later.
8. After 15 minutes taste the rice. It should be just a little bit nutty in the centre of each grain.
9. Add the silverbeet, kale and parmesan and the last 1-2 ladles of stock. Continue to stir until the silverbeet and kale have softened.
10. Add the remaining butter, stir to combine.
11. Taste and season with salt and pepper. Garnish with scissor cut garlic chives.