

Risotto with Cabbage

Rowville Primary School
Kitchen Garden Recipe

Ingredients

1 Onion
1 clove of garlic
4 tablespoons Olive Oil
4 leaves cabbage,
400g Arborio Rice
2.5 litres Vegetable stock
80g Parmesan,
Salt and Pepper (Seasoning)

Equipment

Chopping board,
Non-slip mat,
Scales,
Grater,
Knife,
Measuring Spoons,
Measuring Jug,
Large and medium Saucepan,
Wooden Spoon,
Ladle,
Platter to serve.



Method

Measure the vegetable stock and place in the medium saucepan on the heat to warm through.

Place chopping board on non-slip mat.

Peel onion and dice.

Peel the garlic and chop.

Wash the cabbage leaves and slice finely.

Grate the parmesan cheese.

Measure the rice.

In the large saucepan, add the olive oil and the onions, cook until soft, add the garlic, stir through.

Add the sliced cabbage and saute gently.

Add the rice and stir to coat the rice in oil.

Start to add the warmed stock, one ladle at a time, stirring constantly. Let the rice absorb the liquid before adding the next ladle. Continue until all the liquid is absorbed and the rice is soft and plump.

Season to taste with salt and pepper. Add the grated parmesan, Place the lid on and let stand for 5 minutes before serving.