



Organic Cuisine

Nicola Galloway

Spinach and Lemon Risotto
(Recipe from *Cooking for your Child*)

Homemade risotto is nothing like the store bought packet kind which is usually overly salty and stodgy. I like to use fresh flavours to liven it up such as lemon zest and leafy greens. With rashers of bacon draped over top it could almost pass as a dish served in a restaurant and the taste – oh it's good!

Serves 4 - 6

1.5 litres vegetable or free-range chicken stock
6 – 8 rashers of free-range bacon (optional)*
1 tablespoon extra-virgin olive oil
1 tablespoon butter
1 onion, chopped
2 cloves garlic, chopped
1 1/2 cups Arborio risotto rice
1 glass dry white wine
Zest of 1 lemon
Bunch of spinach or rocket, washed and roughly chopped
Generous handful of grated parmesan cheese plus extra for serving

1. Bring the stock to a gentle simmer in a saucepan. Grill the bacon* until crispy and drain on kitchen paper.
2. Heat the oil and butter in a large frying-pan over a moderate heat. Add the onion and sauté until soft. Add the garlic and rice and stir for a minute until the rice is translucent.
3. Add the wine and half the lemon zest, stirring until the wine has evaporated.
4. Pour in a ladle of the hot stock, stirring to prevent sticking until the liquid is absorbed. Continue adding ladles of stock one at a time until the rice is al-dente, about 20-25 minutes. It is important to frequently stir the rice as this helps massage the starch out of the rice to create a silky consistency. Note: If the stock runs out before the rice is cooked use boiling water from the kettle.
5. At the last minute fold through the remaining lemon zest and greens. Remove from the heat and stir through the parmesan cheese. Serve with the crispy bacon and extra parmesan.

Note: you can also use short-grain brown rice though you may need extra stock and the rice will take 15-20 minutes longer to cook.

*I use Wild Bacon or Freedom Farm's free-range bacon available from most supermarkets.

Wine Match – Sauvignon Blanc or Riesling