

RED PEPPER, ROCKET AND GOAT'S CHEESE RISOTTO

SERVES 4 AS A STARTER, 2 AS A MAIN COURSE

INGREDIENTS

2		red peppers
1	tbsp	olive oil
1	pack	wild rocket
100	gm	goat's cheese plus 4 slices for grilling
5	oz	carnaroli risotto rice
2	tsp	Swiss Marigold vegetable stock powder
¾	pint	boiling water
2	oz	unsalted butter
2		shallots
1	clove	garlic
3	fl. oz	dry white wine
2	oz	grated parmesan

INSTRUCTIONS

Core and de-seed the red peppers. Heat the oven to 225 degrees. Slice the peppers into medium sized pieces, and toss them in the olive oil. Put them on a tray in the hot oven, and keep an eye on them. They need to be just slightly charred at the edges – normally around 25 minutes.

Meanwhile, prepare the risotto.

Chop the shallot and the garlic finely. Melt half the butter in a non stick pan, and add the shallot and garlic. Cook over a low heat until soft, but not coloured. At the same time, put the boiling water into another pan, and keep it on a low heat. Whisk in the Swiss Marigold powder.

When the shallots are ready, tip the risotto rice into the pan, and stir to coat with the hot butter. Add the white wine, and cook until the wine has been absorbed.

Then begin the process of gradually cooking your risotto. Each time the liquid is absorbed, add a ladle of the stock, and stir gently. The process of adding the stock a ladle at a time will take around 20 minutes. The risotto should be just slightly al dente.

Meanwhile, put the slices of goat's cheese on a foil lined tray under a hot grill until the tops are golden. Time this so that they are ready at roughly the same time as the risotto, or keep them warm. Add the remaining butter to the risotto, black pepper to taste (you may not need additional salt because of the stock – but check to see). Add the grated parmesan.

Roughly chop the rocket, and chop the goat's cheese into cubes (reserving the 4 slices). and add this to the risotto along with the roasted peppers. Stir, and serve immediately, with a golden slice of goats cheese on top.

Note: the cubed goats cheese is not supposed to melt completely, and the rocket should just wilt slightly in the heat of the risotto. This is why it needs to be served immediately.