

BEETROOT RISOTTO

A bright, vibrant dish, easy to whip up for those late summer nights in the garden. And don't waste any left-over beets! Roast the rest and blend with chickpeas for a delicious homemade hummus.

INGREDIENTS

280g risotto rice
2 shallots
1 garlic clove
75ml white wine
500ml chicken stock
30g butter
2 sprigs of thyme

4 beetroots
8 baby beetroots
10g dill
50g sour cream
50g goats cheese
10ml rapeseed oil

METHOD

1. Preheat the oven to 220°C/gas 8. Wrap the beetroot in tinfoil and roast for 1 hour. After removing it from the oven, peel the beetroot (use kitchen gloves if you don't want your hands to get stained) and chop it into 3cm cubes. Save the trimmings for later and discard the peel.
2. Bring a pan of water to the boil and season. Add the baby beetroots and simmer for 30 minutes. Peel and slice in half.
3. Add the shallots and garlic to a pan and sauté them until they are soft. Then, add the rice. Lower the heat and toast the rice for 2 minutes.
4. Add the white wine and continue to stir and simmer until completely reduced.
5. Add the thyme leaves from sprigs to the chicken stock and bring to a boil. Add the stock into the rice one ladle at a time until the rice is al dente.
6. While the rice is cooking, blitz the beetroot trimmings in a food processor until they form a puree.
7. Once the rice is cooked, stir the puree, a knob of butter and shavings of goat's cheese through the risotto and season to taste.
8. Divide between 4 plates and top with the baby beetroots, dill, sour cream and rapeseed oil.



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SERVES
4

