Risotto

Ingredients

2 ½ Cups Arborio Rice Vegetable Oil

950ml Vegetable Stock 100gm Cheese (Grated or Diced)

2t Salt 1t Pepper

1 ½ Onion (Small Diced) 4 Sticks Celery (Sliced Thinly)

3 Large Carrots (Small Diced)

* **Gather ingredients and read through recipe.**
* **Prepare all the Vegies washing as necessary.**
* **Measure out the Rice and set aside.**
* **Preheat the Electric Frying Pan to a medium high heat, then add a small amount of Vegetable Oil, then add the Onion, Celery and Carrot to the pan and cook until the vegies are starting to soften.**
* **While the vegies are Cooking, measure the Stock (as per instruction on the container) into a measuring jug that is big enough to hold 1.3 litre.**
* **Add the Rice to the Mirepoix and cook for about 2 minutes (you will hear the rice start to crack/pop) then add about 1/3rd of the stock to the rice and stir.**
* **One you have started to add the Stock you will need to be constantly but gently stirring.**
* **Turn the Frying pan down to medium heat now and once the Stock has absorbed, add a Cup of the stock. (repeat this process until the stock is all absorbed)**
* **Once the stock is absorbed, turn off the heat and gently stir through the Cheese.**
* **Serve as required. (you may prepare other ingredients to add to the Risotto at this point like Chicken or Roasted Vegies)**

**Mirepoix ( Mi-Ra-Pwa)** is a roughly chopped vegetable cut, usually a mixture of onions, carrots, and celery.
Raw, roasted or sautéed with butter or olive oil, is the flavor base for a wide variety of dishes, such as stocks, soups, stews and sauces.