



COOKWARE FOR LIFE

Haddock & pea risotto

Risotto is a creamy Italian rice dish that's warm and comforting. Made with Arborio rice to This haddock and pea risotto is flavorful, but you could also keep it simple and prepare this with stock and peas, omitting the haddock.



Ingredients

SERVES 4

400 g smoked haddock (if frozen, defrost and pat dry)
1 cup (250 ml) milk
1 litre water
1 bay leaf
6 black peppercorns
10 ml fish, chicken or vegetable stock powder
2 onions, finely chopped or 4 leeks, halved and sliced
1 ½ cups (375 ml) Arborio rice
1 cup (250 ml) dry white or stock
1 cup (250 ml) frozen peas, rinsed under water
30 g (60 ml) Parmesan cheese, finely grated
½ cup (125 ml) cream
salt and freshly ground black pepper

Method

1. Place haddock in an AMC 20 cm High and cover with milk, water, bay leaf, peppercorns and stock powder. Heat over a medium temperature until the Visiotherm reaches the first red area. Reduce heat to the lowest setting and poach for 8 - 10 minutes.
2. Remove fish, bay leaf and peppercorns from liquid. Flake fish, removing any bones and set aside. Meanwhile keep the reserved liquid just under boiling on a low temperature.
3. Heat an AMC 24 cm Roaster over a medium temperature until the Visiotherm reaches the first red area.
4. Sauté onions or leeks. Add rice

and sauté for 2 - 3 minutes before adding the wine. Stir gently and allow the rice to absorb all of the wine.

5. Then start by adding two soup ladles of warm stock (the reserved liquid) at a time, stirring gently. Allow rice to absorb liquid before adding more. Keep unit over a medium temperature. The rice should be cooked in about 25 - 30 minutes.

6. During the last 3 - 5 minutes of cooking time, add the cup of peas and flaked haddock.

7. Reduce heat and add cheese and cream, mix through and season to taste. Serve immediately with Parmesan shavings, olive oil and black pepper.

TIPS & VARIATIONS:

- Serve each individual portion with a softly poached egg on top.
- If preferred, omit the haddock and make a vegetarian risotto. You could add veg of your choice, or keep it simple with peas. Taking an extra cup of peas and blending it first will give your risotto a vibrant green colour.