FOOD a fact of life

Bacon and mushroom risotto

Ingredients

150g risotto rice
1 pork stock cube
600ml water
1 x 5ml spoon grated parmesan
Black pepper
1 onion
6 rashers lean sweet cure back back

6 rashers lean sweet cure back bacon 50g mushrooms 100g green beans 1 x 5ml spoon oil

Complexity: medium

Equipment

Knife, chopping board, weighing scales, measuring spoon, mixing spoon, measuring jug, kettle.

Method

- 1. Prepare the ingredients:
 - · peel and chop the onion;
 - · chop the bacon into large chunks;
 - slice the mushrooms;
 - · chop the green beans in half.
- 2. Heat the oil in a saucepan and fry the bacon and onion together.
- 3. Add the mushrooms and green beans and fry for another 2 minutes.
- 4. Stir in the rice.
- 5. Make up the stock.
- 6. Add the stock a little at a time, stirring constantly and allowing the rice to absorb the stock before adding any more liquid.
- 7. Continue adding the stock until the rice is cooked this will take 20-25 minutes. The rice should be soft, but still retain a nutty bite.
- 8. Finally, stir in the parmesan cheese and a few twists of black pepper into the rice.

Top tips

- Sprinkle with parmesan cheese and top with rocket leaves to serve.
- Remember to keep adding liquid otherwise the rice will not cook, never let a risotto boil dry.

Food skills

- Weigh.
- Measure.
- Peel.
- Chop and slice.
- Fry.
- Stir.