

Smoked chicken risotto

🕒 Preparation 15 minutes 🕒 Total 1 hour and 5 minutes 4 portions

Ingredients

or

2 teaspoons of oil, olive [6 g]

or

1 unit of shallots, raw [10 g]

or

2 cloves of garlic, raw [6 g]

or

200 grams of rice, white, Italian Arborio risotto, raw

or

110 grams of wine, white, dry

or

110 grams of vinegar

or

2 half pints of stock cubes, chicken, made up with water [568 g]

or

2 medium portions of chicken, breast, grilled without skin, meat only [260 g]

or

150 grams of tomatoes, sun-dried

or

1 level teaspoon of salt [5 g]

or

1 level teaspoon of pepper, black [2 g]

Cooking method

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1. Heat the oil in a large saucepan set over a medium heat until hot. Add the shallot, garlic and a little salt, sweating for 4-5 minutes until softened. 2. Add the rice and cook for 2-3 minutes, stirring frequently, coating in the oil. Deglaze with the wine and let it reduce by half. 3. Slowly incorporate stock into the rice, ladle by ladle, stirring constantly for 25-35 minutes until the rice absorbs the liquid. 4. Once the rice is plump and tender, stir through the chicken and sun-dried tomato and then season to taste. 5. Spoon into bowls and garnish with pea shoots before serving.