

View from the Fridge – Recipes from Brian Donkin

Recipe # 75 – Seafood Risotto

Preparation time: 20 min – Cooking time: 35 mins

Ingredients

1.5 cups of risotto rice (Use either arbori, carnaroli or vialone nano. For this recipe I have used vialone nano.)
1 stalk celery, finely chopped
1 tblspn chopped fresh parsley
400gms mussels
200gms fresh scallops
1 dressed crab
1 large clove garlic, smashed
1 shallot, finely diced
3 cups vegetable stock
½ cup of single cream
½ cup grated parmesan cheese
70gms butter
salt and pepper
2 tablespoon olive oil

Method

1. Put butter, garlic, shallots and celery in pot. Cook for 2 minutes over a high heat. Add in the rice. Cook for 3 minutes, continuously stirring with wooden spoon. Turn heat down to medium. Add stock gradually - when the rice has absorbed the stock, add more, stirring continuously with wooden spoon. Continue until all the vegetable stock has been absorbed. This should take around 20-25 minutes.
2. Heat another pot, add ½ olive oil and mussels, cover with lid and steam for 5 minutes. Remove mussels with slotted spoon and take off shells. Pour the stock into a bowl.
3. Reheat pot, add rest of the olive oil and scallops. Cook for 3 minutes. Add stock, mussels and crab (without shell). Bring to the boil and fold into the rice
4. Lastly, add in cream and cheese. Bring to boil and serve immediately.

Serves 3 – see next page for picture

