



CARROT RISOTTO

Risotto

Heat oil in a saucepan and sweat onion and garlic over low heat. When the onion is translucent, add rice and lightly toast it. Add white wine in small amounts at a time. Stir continuously, let the wine be completely absorbed by the rice, then add enough stock to just cover the rice, still stirring continuously. Keep adding stock until the rice is cooked through and has a creamy consistency. Stir in carrot purée, butter and Parmesan. Season to taste.

50 ml canola oil
1 onion, finely diced
2 garlic clove, chopped
500 g Arborio rice
100 ml white wine
1,5 l vegetable stock
400 g carrot purée
100 g butter
100 g Parmesan, grated
salt and pepper

Carrots purée

In a medium pan, heat oil and add carrot, cinnamon and star anise. Do not break up the spices, as you will need to remove them before blending. Slowly caramelize the carrot, stirring every few minutes. Once the carrot starts to soften, add vegetable stock and reduce by half. Add cream and allow to reduce a little more. Pour the mixture into a blender and process until smooth. Season to taste.

100 ml canola oil
12 large carrots, peeled
and thinly sliced
1 small cinnamon stick
2 star anise pod
600 ml vegetable stock
200 ml cream
salt to taste

Serves 4