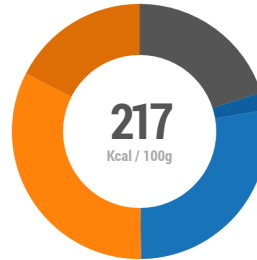


Kipper Risotto

OVERVIEW ...



CALORIES:

29.8% Carbs

20% Protein

50.2% Fat

FOOD LABELLING...

Serves **4**

CONTAINS:



MILK



FISH



SULPHITES

RECIPE INGREDIENTS ...

QUANTITY: DESCRIPTION:

3428 - 3428 Portico Classic Butterfly Filleted Scottish Smoked MSC Kippers.. - BRAKES

675g

6 x Each

100262 - 100262 Extra Virgin Olive Oil.. - BRAKES

40g

0.02 x Each

146210 - 146210 Anchor Salted Block Butter.. - BRAKES

40g

0.4 x Each

10291 - 10291 Large Onions 2.5kg.. - BRAKES

100g

0.04 x Each

134280 - 134280 Gallo Arborio Risotto Rice.. - BRAKES

320g

0.32 x Each

87894 - 87894 Gourmet Classic Chardonnay Cooking Wine 3 Litres.. - BRAKES

125g

0.04 x Each

111841 - 111841 Knorr Professional Vegetable Jelly Bouillon 800g.. - BRAKES

40g

0.05 x Each

113881 - 113881 Herb Bunched Flat Leaf Parsley.. - BRAKES

10g

0.1 x Each

113880 - 113880 Premium Large Chives Bunch.. - BRAKES

10g

0.1 x Each

132644 - 132644 Maldon Sea Salt Flakes 570g.. - BRAKES

4g

0.01 x Each

134293 - 134293 Sysco Classic Cracked Black Pepper.. - BRAKES

4g

0.01 x Each

149909 - 149909 Granarolo Parmigiano Reggiano Wedges.. - BRAKES

80g

0.08 x Each

114218 - 114218 Lemons.. - BRAKES	154g	1 x Each
124179 - 124179 Padron Peppers.. - BRAKES	80g	0.16 x Each

COOKING INSTRUCTIONS & NOTES

PREPARATION

- Peel and finely dice Onion.
- Wash, pick and chop Parsley.
- Wash and chop Chives.
- Zest and juice the Lemon.
- Grate the Parmigiano Cheese.
- Prepare Vegetable Stock as per manufacturers guidelines.
- Char grill the Padron Peppers.

METHOD

- Bring pan of water to the boil to cook the Kipper Fillets. Add the frozen Kipper Fillets and cook for 12 minutes.
- In thick bottomed pan heat the Olive Oil and 20gm Butter. Add the chopped Onions and cook till soft. Add the Arborio Rice and ensure all the Arborio Rice Grains are coated in the Olive Oil and Butter.
- Add the White Wine and reduce by 2/3.
- Start adding the Vegetable Stock a ladle at a time stirring continuously till all Vegetable Stock has been absorbed. Continue to do so a ladle at a time, this should take around 20 - 25 minutes. Continually taste the Arborio Rice as when it is ready it will be plump and firm to the taste without a chalky bite.
- Whilst cooking the Arborio Rice drain the Kipper Fillets and when manageable remove from the packaging. Scrape the skin from the fillets and flake the remaining Kipper Fillet.
- When the Arborio Rice is cooked add the grated Parmigiano, remaining Butter, Parsley, Chives, Lemon Juice and Zest. Season to taste with Maldon Salt and Cracked Black Pepper. Add Kipper Fillets and mix thoroughly taking care not to break up the Kipper Fillets too much.
- Serve in warm bowls topped with char grilled Padron Peppers.