

Mediterranean risotto

Although risotto is a classic dish of northern Italy, it is now considered to be part of the repertoire of most contemporary Australian cooks. This recipe uses Arborio rice, a variety that cooks to a plump, tender state and is therefore perfect for making risotto. This rice has the ability to absorb up to four times its own volume, a valuable property in risotto making. Arborio rice absorbs large quantities of stock, providing a creamy consistency and delicious flavour. This product would be suitable to compare with a similar commercially produced risotto.

- ¾ cup chicken stock
- ¾ cup water
- 2 teaspoons olive oil
- ½ onion, finely chopped
- 1 clove garlic, crushed
- 1 tablespoon pine nuts
- ½ cup Arborio rice
- 6 black pitted olives, sliced
- 2 tablespoons sundried tomatoes, chopped
- ½ cup cooked chicken diced in 2-centimetre cubes
- ¼ cup parmesan cheese
- 2 tablespoons cream
- 1 tablespoon basil, chopped
- 1 tablespoon shaved parmesan cheese to serve

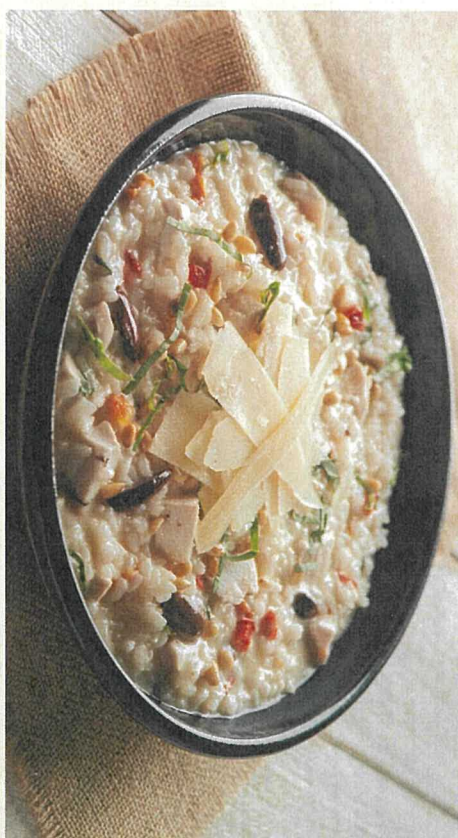
METHOD

- 1 Heat the stock and water in a small saucepan.
- 2 Heat the olive oil in a medium-sized saucepan, add the onion and fry until soft, but do not allow to brown. Add the garlic and pine nuts.
- 3 Add the rice to the olive oil and stir to coat the grains with oil.
- 4 Stir in the hot stock, one-third at a time. Stir constantly over very low heat so the mixture is barely simmering, until the stock is absorbed. This process cannot be rushed and will take approximately 20 minutes. Taste test the rice to ensure it is al dente.
- 5 When all the stock has been absorbed, remove from the heat, cover and allow to stand for 10 minutes.
- 6 Return to the heat and stir in the remaining ingredients. Stir over a low heat for about 4 minutes.
- 7 Serve and garnish with shaved parmesan cheese.

SERVES 1

EVALUATION

- 1 Describe the sensory properties of the Mediterranean risotto using descriptive language.
- 2 Describe the difference in the physical and sensory properties between a cooked and an uncooked grain of rice.
- 3 What are the advantages of using Arborio rice when making risotto?
- 4 Explain why the rice is not washed before using it for making risotto.
- 5 Why is the rice stirred to coat it with oil before the liquid is added?
- 6 Explain the importance of making sure the stock is hot before adding it to the rice.
- 7 What effect does the constant stirring have on the texture of the finished risotto?
- 8 Explain why the risotto is cooked over a low heat rather than a high heat.
- 9 What is the purpose of removing the risotto from the heat, covering it and leaving it to stand for 10 minutes?
- 10 Evaluate the nutritional properties of the Mediterranean risotto by plotting the ingredients on a diagram of the Australian Guide to Healthy Eating. Explain why risotto is a popular meal with many Australian families.



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QUANTITATIVE RESULTS

	HOMEMADE	COMMERCIAL
Name of product		
Manufacturer		
Serving size		
Weight per serve		
Colour of product		
Key ingredients		
Nutrients per 100 grams		
Cost		

QUALITATIVE RESULTS USING A PREFERENCE TEST

	HOMEMADE	COMMERCIAL
Sensory descriptors		
Appearance		
Aroma		
Flavour		
Texture		
Ratings		
Nine-point scale		
1 = dislikes very much		
5 = neutral		
9 = likes very much		
Facial hedonic descriptor		