

Fish Risotto

Description: Fish risotto

Directions:

I've used the herbs and spices from the "Baked Hole Fish" recipe (go to <http://www.lrocc.com.au>) and boiled them for an hour to make a stock, then strained it.



Metrics:

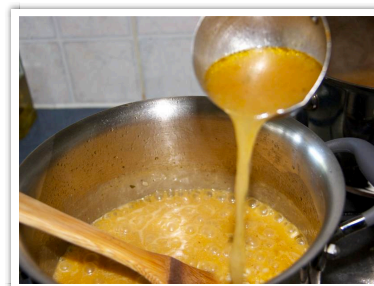
Attribution: Jorge Martins
<http://www.lrocc.com.au>

Then started cooking the Abrorio rice. Keep the stock on low fire to keep hot while cooking the rice. Risotto requires constant stirring and adding stock as it is gradually absorbed. The constant stirring releases the starch in rice.

You must turn off the stove when the rice is "Al dente" cover the pot with the lead and let the rice finish cooking by itself.

It should have a moist consistency.

Sprinkle with chopped parsley or coriander, a drizzle of olive oil (if you like), a touch of lemon juice also goes well.



<http://www.lrocc.com.au>