
LEMON AND BASIL RISOTTO WITH PRAWNS

SERVES 4 AS A STARTER, 2 AS A MAIN COURSE

There are several versions of this recipe – this is the simplest, but a more elaborate option is given in the notes below.

INGREDIENTS

20		raw prawns
2		lemons
1	tbsp	olive oil
1	tbsp	chopped basil
5	oz	carnaroli risotto rice
2	tsp	Swiss Marigold vegetable stock powder
$\frac{3}{4}$	pint	boiling water
2	oz	unsalted butter
2		shallots
2	clove	garlic
3	fl. oz	dry white wine

INSTRUCTIONS

Peel and de-vein the prawns. Grate the zest of one of the lemons, and finely chop one of the cloves of garlic. Toss the prawns in the garlic and lemon zest, cover with cling film, and put to one side.

Prepare the risotto.

Chop the shallot and the garlic finely. Melt half the butter in a non stick pan, and add the shallot and garlic. Cook over a low heat until soft, but not coloured. At the same time, put the boiling water into another pan, and keep it on a low heat. Whisk in the Swiss Marigold powder.

When the shallots are ready, tip the risotto rice into the pan, and stir to coat with the hot butter. Add the white wine, and cook until the wine has been absorbed.

Then begin the process of gradually cooking your risotto. Each time the liquid is absorbed, add a ladle of the stock, and stir gently. The process of adding the stock a ladle at a time will take around 20 minutes. The risotto should be just slightly al dente.

Whilst the risotto is cooking, grate the zest of the other lemon, and extract the juice. Chop the basil.

Five minutes before the risotto is ready, heat a heavy bottomed frying pan, and add the olive oil.

When the pan is really hot, add the prawns, cooking them until they are golden brown in places – a matter of a couple of minutes.

Adjust the seasoning in the risotto, adding black pepper, and possibly some salt. Add the remaining butter, lemon juice, lemon zest and basil, toss in the cooked prawns and serve immediately.

(Alternatively you can serve the prawns on top of the risotto.)

A more elaborate option for this dish – but a delicious one – is to wrap each prawn in a whole basil leaf, then the prawn and basil in a slice of parma ham. Griddle or fry these until the ham starts to caramelize – about 5 minutes. Serve these on top of the lemon and basil risotto.