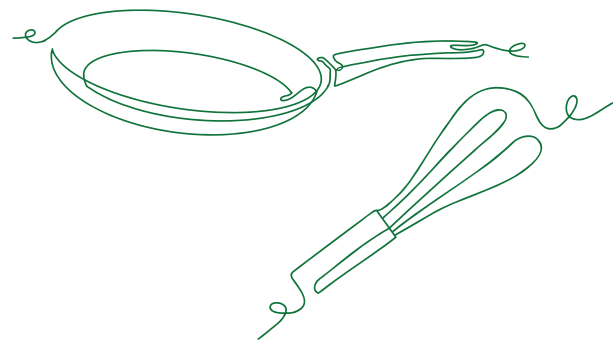


Chicken & Bacon Risotto



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Indulge in the rich flavours of our chicken and bacon risotto, combining tender chicken, bacon, and Arborio rice.



Serves 4

Prep time 15 minutes,
cooking time 20 minutes

Ingredients

250g Arborio rice
3 rashers of bacon (ideally smoked and streaky),
chopped
2 chicken breasts, diced (or use up leftover roast
chicken)
2 cloves of garlic, chopped
2 pints (1100ml) of stock (vegetable or chicken)
2 tbsp of oil (vegetable or olive oil)
1 knob of butter (around 10-15g)
1 large onion, finely chopped
1 small glass of white wine (optional)
Salt and pepper

Method

Heat oil in a large saucepan until moderate heat. Add stock into a separate pan and put on low heat. Add diced chicken and fry for 4-5 minutes until brown. Take out of the pan with slotted spoon and add the bacon. Fry until cooked but not crispy. Turn heat down and add onion. Cook for 4-5 minutes on a low heat until soft. Add garlic and cook for further 2-3 minutes. Add rice to the pan and mix everything together and fry for 2-3 minutes. Add wine (if using) and cook until it's been absorbed. Add stock, 1-2 ladles at a time and stir continually until absorbed. Keep adding stock until the rice is soft and cooked. Add chicken back into the rice along with the salt and pepper to taste. Turn off heat, stir in the butter and leave to rest for 2-3 minutes before serving. The risotto shouldn't be too stodgy but shouldn't be too wet either; somewhere in between!

Variations / inspirations

Pea and ham
Chicken and chorizo – add colour and flavour!
Arancini - using left over risotto from the fridge, make golf ball sized rice balls then dip in flour, egg and breadcrumbs before deep frying until golden brown all over. Serve with some classic tomato sauce.

Recipe by James Golding, Head of Food Education, Table Talk Foundation. Table Talk Foundation is a registered charity (reg No: 1190504) inspiring a new generation through food, to live happier and healthier lives. Providing food education in schools to teach young people how to cook, preparing them with fundamental life skills.



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