

Typ: Fleisch

Quelle: Mary Berry: Cooks the Perfect, S. 176

Bemerkungen: Enjoy the relaxing process of stirring a risotto as it cooks a very satisfying thing to make. Use a good stock, as the quality of the stock is very important for the overall flavour of any risotto.

1.2 L Brühe ist zuviel. 1L genügt. Netter Zitronen-Geschmack!

Zutaten INGREDIENTS

2 skinless, boneless chicken breasts, cut into bite-sized pieces
salt and freshly ground black pepper
2 tbsp olive oil
150 g pancetta, finely diced
1 onion, finely chopped
1 garlic clove, crushed
300 g risotto rice
150 mL dry white wine
1.2 litres hot chicken stock
175 g frozen peas, thawed
large knob of butter
finely grated rind and juice of 1 lemon
1 tbsp chopped fresh flat-leaf parsley
1 tbsp chopped fresh mint
a few fresh basil leaves, finely shredded

Rezept:

1. Season the chicken. Heat the oil in a large, deep, non-stick frying pan or 1 wide-based, non-stick pan over a medium heat until hot. Add the chicken and cook, stirring often, for 3-5 minutes or until golden on all sides and just tender. Remove with a slotted spoon, transfer to a plate, and set aside.
2. Put half the pancetta in the pan and fry, stirring, for 3-5 minutes or until crisp. Scoop out using a slotted spoon and leave to drain on kitchen paper.
3. Add the onion and garlic to the pan with the remaining pancetta. Reduce the heat to low and fry for 8-10 minutes or until the onion is softened but not browned, stirring occasionally. Increase the heat to medium and add the rice. Cook for a few minutes until the grains are coated and shiny, stirring almost all the time.
4. Pour in the wine and simmer, stirring, until it has been absorbed. Now add the hot stock gradually, a ladleful at a time. Stir constantly and wait until each ladleful has been absorbed before adding more. After 10 minutes, just after adding a ladleful of stock, stir in the peas, then continue with the stirring and adding stock for a further 8-10 minutes or until the stock is almost all used up.
5. Add the chicken and the remaining stock, and stir gently until the chicken is heated through and the stock absorbed. At this stage, the rice should be plump, slightly sticky, and al dente.
6. Remove the pan from the heat and gently stir in the butter, lemon rind, parsley, and mint. Taste for seasoning, then sprinkle the lemon juice over the top and cover the pan. Leave for 5 minutes (Let the risotto rest). Gently fork through the risotto and serve immediately,

topped with the reserved crispy pancetta and the shredded basil.