

JERUSALEM ARTICHOKE RISOTTO

Serves 4

Ingredients:

200g Carnaroli risotto rice
4 tbsp olive oil
1 ltr stock
½ bottle of white wine
2 banana shallots, chopped
1 bay leaf
½ tsp garlic puree
Glug olive oil

For the Jerusalem artichoke puree:

500g Jerusalem artichokes
125g unsalted butter
200ml water



Method:

- Peel the artichokes, wash thoroughly and put in a pan with the butter and water.
- Bring to the boil, then simmer for 15-20 minutes until completely cooked, then strain.
- Put the artichokes in a blender and puree until very smooth. Set aside.
- Sauté the shallots in olive oil without any colour.
- Add the white wine, garlic and bay leaf.
- Once the wine has evaporated, add the rice and sauté gently until you start to hear the popping sound of the rice.
- Add hot vegetable/chicken stock to the rice gradually, stirring often to prevent sticking.
- Add 100g of the Jerusalem artichoke puree to a nearly finished risotto to give it a real winter flavour and a really creamy finish.
- Also add 50g baby spinach leaf and some grated parmesan.
- Check seasoning and serve.

You could also garnish this risotto with some sliced fresh truffles and a drizzle of truffle oil for an extra stylish dinner party dish.