



Sweet Corn Risotto

What to collect

Ingredients	Equipment
6 cups vegetable stock	large saucepan x 2
3 tablespoons extra virgin olive oil	chopping board
½ onion, diced	knife
1 ½ cups Arborio rice	ladle
salt/pepper	
¾ cup fresh corn	
1 ½ tablespoons unsalted butter	
1 cup grated parmesan cheese	
1 tablespoon Herbes de Provence	

What to do

1. Heat the vegetable stock up and keep it at a low simmer.
2. Heat oil in a large saucepan over medium heat and cook the onions until just translucent. (about 2 mins)
3. Add the rice, stirring slowly and continuously with a wooden spoon until the grains are coated with oil. Add ½ teaspoon salt and some pepper and pour in 1 cup of stock.
4. Keep stirring slowly until all the liquid has evaporated, don't let the rice brown.
5. Ladle in another cup of stock and stir with a wooden spoon until the rice has absorbed all the liquid. Keep doing this until rice has cooked (firm to bite but creamy)
6. Once rice is cooked to your liking, stir in the corn and reduce the heat to very low.
7. Stir in the butter, cheese and herbs. Season with salt/pepper and serve immediately.