

Taste the Hills



Recipes and Tips

Beetroot risotto with dill and fennel

Serves 6

500g beetroot, washed but unpeeled

Olive oil

1 large onion, finely chopped

1 Fennel bulb, finely chopped

2 garlic cloves, crushed well

450g risotto rice

1.5 litres veg hot veg stock

1 glass of white wine or dry cider

Small bunch dill, chopped

Goats cheese

Salt and pepper

Place the beetroot in a pie dish, wrap loosely with foil and bake in the oven for an hour at 200 degrees. Leave to cool. (If they are very large do cut them in half or start them off unwrapped in the microwave} Peel and cut into small dice.

Put the oil in a pan and very gently soften the onion, fennel and garlic.

Add the rice and coat it well in the oil. Then add the hot stock a ladleful at a time, stirring all the time and keep it gently simmering.

Add the wine at the end, bring back to simmering point and stir until it feels like the rice is nicely soft and the whole texture is just liquid enough to be eaten with a spoon. This usually takes about 20 minutes.

Add the beetroot and cook for five minutes, season to taste before serving. Crumble some goats cheese on the top and scatter on some dill.

Feeling inspired? Pick up a leaflet or visit our website to find other cookery courses on offer at the Discovery Centre

LUDLOW
FOOD FESTIVAL

Pop up kitchen sponsored
by Ludlow Food Festival

Shropshire Hills Discovery Centre –

the home of Grow Cook Learn

School Road, Craven Arms, Shropshire SY7 9RS

Email: info@shropshirehillsdiscoverycentre.co.uk

Tel: 01588 676060 www.shropshirehillsdiscoverycentre.co.uk

grow
cook
Learn

Charity no: 1158795