

# Eat The View

## Recipes and Tips

### Peas and broad beans Risotto

1 tbsp olive oil  
100g cold butter, diced  
1 small onion, chopped  
175g risotto rice  
700ml hot vegetable stock  
50g parmesan, finely grated  
200g peas, fresh or frozen  
200g broad beans

Heat oil and 25g of the butter in a large pan over a medium heat. Add the onion and cook until soft and translucent, about 4-5 minutes. Stir in the rice and cook for a further 2 minutes.

Begin adding the hot stock a ladle at a time over a medium heat, allowing each addition to be absorbed before adding the next and stirring continuously. The rice should always be moist, but not swimming in liquid. The process of adding and stirring should take about 16-20 minutes. You may not need all the stock, it depends on the type of risotto rice you use, stop when the rice stops absorbing the liquid and the rice is tender.

About half-way through the process put the peas and broad beans in to cook.

Remove the risotto from the heat and stir in the remaining butter and Parmesan with some seasoning before serving.