



UCCOOK

Saffron & Charred Baby Marrow Risotto

with cheese ribbons & toasted pine nuts

Mamma Mia! The most comforting Italian meal: creamy saffron risotto, topped with charred baby marrow discs, hard-style cheese ribbons, toasted pine nuts and a final touch of fresh parsley. Time to feast!

Hands-On Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Hannah Duxbury

 Vegetarian

 Fat Bastard | Chenin Blanc

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

125ml	Arborio Rice
10g	Pine Nuts
5ml	Vegetable Stock
150g	Baby Marrow <i>rinsed & sliced into discs</i>
1	Onion <i>½ peeled & finely diced</i>
1	Garlic Clove <i>peeled & grated</i>
65ml	Golden Wine <i>(0,3g Saffron & 65ml White Wine)</i>
50g	Italian-style Hard Cheese <i>½ grated & ½ peeled into ribbons</i>
4g	Fresh Parsley <i>rinsed & finely chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Milk (optional)
Butter

1. STOCK PREP Boil the kettle. Place a pot (large enough for the risotto) over a medium heat. Once hot, toast the pine nuts for 3-5 minutes until golden brown, shifting occasionally. Remove on completion. Dilute the stock with 700ml of boiling water.

2. CHARRED MARROWS Return the pot to a medium-high heat with a drizzle of oil. When hot, fry the sliced baby marrow discs for 3-5 minutes until charred, turning halfway. On completion, remove from the pan, season, and cover to keep warm.

3. RAVISHING RISOTTO Wipe the pot clean, if necessary, and return to a medium heat with a knob of butter (optional) and a drizzle of oil. When hot, sweat the diced onion for 3-4 minutes until soft and translucent. Stir through the rice and the grated garlic for about 1 minute, until fragrant. Pour in the golden wine and simmer until evaporated. Add a ladle of stock and allow it to be absorbed by gently simmering, stirring regularly. Only add the next ladle of stock when the previous one has been fully absorbed. Repeat this process for 20-25 minutes until the rice is cooked al dente.

4. FINISHING TOUCHES When the risotto is cooked, stir through the grated hard cheese and a knob of butter. Mix until fully combined. If too thick, loosen by mixing in a splash of milk or water. Season to taste and remove from the heat.

5. DISH UP, CHEF! Load up a heap of gorgeous, creamy saffron risotto, and top with the charred baby marrow discs. Garnish with ribbons of hard cheese, toasted pine nuts, and chopped parsley. Divine!

Nutritional Information

Per 100g

Energy	631kJ
Energy	151Kcal
Protein	6.2g
Carbs	20g
of which sugars	2.2g
Fibre	1.5g
Fat	4.3g
of which saturated	1.6g
Sodium	157mg

Allergens

Egg, Dairy, Allium, Sulphites, Tree Nuts, Alcohol

Cook
within
4 Days