



UCOOK

Waterford's Baby Carrot Risotto

with sage burnt butter & hazelnuts

Created by Waterford Wine Estate, a winery situated on the rolling slopes of the Helderberg Mountain in Stellenbosch, this dish celebrates the beauty of carrots. You can look forward to notes of hazelnuts, burnt butter, crispy sage, white wine and Italian-style hard cheese that combine to make the rich carrot risotto and rainbow baby carrots shine.


Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Waterford Estate

 Veggie

 Waterford Estate | Waterford Old Vine Chenin Blanc

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Ingredients & Prep

1	Onion <i>peeled & finely diced</i>
120g	Carrot <i>trimmed, peeled & finely diced</i>
1	Lemon <i>½ zested & cut into wedges</i>
5ml	NOMU Vegetable Stock
1	Garlic Clove <i>peeled & grated</i>
100ml	Risotto Rice
50ml	White Wine
40g	Radish <i> rinsed & sliced into thin rounds</i>
120g	Baby Carrots <i> rinsed & halved, keeping the stems intact</i>
30g	Italian-style Hard Cheese <i>½ grated & ½ peeled in ribbons</i>
10g	Hazelnuts <i>roughly chopped</i>
4g	Fresh Sage <i> rinsed, picked & dried</i>

From Your Kitchen

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

1. ZESTY PUREE Place a pan over medium heat with a drizzle of oil. When hot, fry ½ the diced onion and diced carrot until golden, 5-6 minutes (shifting occasionally). Place into a blender. Add a squeeze of lemon juice, a splash of milk (optional) or water and seasoning. Pulse until smooth and set aside.

2. RISOTTO BASE Boil the kettle. Dilute the stock with 600ml of boiling water. Place a pot for the risotto over a medium heat with a drizzle of oil. When hot, fry the remaining diced onion until soft, 3-4 minutes (shifting occasionally). Add the grated garlic and the risotto rice and fry until fragrant, 1-2 minutes (shifting constantly). Add the wine and simmer until reduced, 1-2 minutes. Add a ladleful of the stock and allow it to be absorbed by gently simmering (stirring often). Only add the next ladle of stock when the previous one has been fully absorbed. Repeat this process until the rice is cooked al dente, 20-25 minutes.

3. PICKLE Place the radish rounds into a bowl with the juice from 1 lemon wedge, the zest, a splash of water and seasoning. Set aside until serving.

4. RAINBOW BABY CARROTS Place a pan over medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the halved baby carrots until starting to brown and soften, 5-8 minutes. Remove the pan from the heat and cover.

5. ADD MORE FLAVOUR When the risotto is done, remove from the heat and stir through the carrot & onion purée, the grated cheese, a generous knob of butter, and seasoning. Loosen with a splash of warm water if too thick.

6. BURNT BUTTER Place a clean pan over medium-high heat with a drizzle of oil and 30g of butter. Once foaming, add the chopped hazelnuts and the dried sage leaves. Fry until the leaves are crispy, 1-2 minutes per side (To make this easier, use tongs if you have them!) Remove from the heat and set aside the sage-infused butter for serving.

7. DONE! Load up a heap of gorgeous carrot risotto and serve the baby carrots over the top. Garnish with the hard cheese ribbons and pickled radish. Drizzle over the hazelnuts & sage burnt butter and serve any remaining lemon wedges on the side. Time to warm up from the inside!

Nutritional Information

Per 100g

Energy	445kj
Energy	106kcal
Protein	3.6g
Carbs	18g
of which sugars	3.3g
Fibre	2.4g
Fat	2.6g
of which saturated	0.8g
Sodium	119mg

Allergens

Egg, Dairy, Allium, Tree Nuts, Alcohol

Cook
within 5
Days