

## BEETROOT RISOTTO WITH PAN SEARED SCALLOPS

- 250g risotto rice
  - 200g riced beetroot (either use a food processor or grated, then chop finely)
  - 2 celery sticks, finely diced
  - 1 onion, finely diced
  - 1 large glass rose wine
  - 2 cloves garlic, finely chopped
  - Handful of lemon thyme
  - 100g grated parmesan
  - 1 Tbsp. red pesto
  - 1 ½ pints hot chicken or veg stock
  - 1 ½ tbsp. butter
  - 1 tbsp. olive oil
  - 1 lemon
  - 1 tsp salt
  - Cracked black pepper
  - Scallops 2/3 per person, remove the roe
  - Goats cheese for crumbling (optional)
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- Extra virgin olive oil for drizzling

Heat a tablespoon of olive oil and butter in a pan then add the onion and celery, sauté on a med- low heat until softened but not browned.

Add the garlic and cook for a further 2 minutes, then add the rice.

Cook until the rice it is translucent, then pour in the wine.

Keeping the heat moderate let the wine reduce then start to ladle in the stock, a little at a time, stirring the rice as you go. Add more stock each time it reduces.

Add the pesto and stir in.

You want the rice to still have a slight bite, this takes about 20 minutes.

At around 5/6 minutes before the rice is ready add the beetroot, some thyme leaves, and a squeeze of half a lemon.

Keep stirring and adding stock.

Season with salt and pepper then taste, check the rice is ready. Once cooked sprinkle over the parmesan and add around ½ Tbsp. butter. Pop the lid on and let is rest for a few minutes.

In the meantime, heat a drizzle of oil in a frying pan, you can use olive oil, but I used rapeseed. Season and place the scallops into the pan and cook for around 1-2 minutes each side, try not to move them around too much as you want a caramelised browned edge.

Back to the rice, open the lid and stir all the parmesan into the risotto, now you are ready to bowl up.

Place a good portion of rice into a bowl, crumble over some goat's cheese, and sprinkle over some more thyme leaves. Then place the scallops over the top and drizzle over a glug of extra virgin olive oil, now go sit and eat it in the sunshine!!