

Rescue Recipe

This recipe is great for using up leftover chicken and vegetables



Roast chicken and vegetable risotto

Introduction

There are many ways to use the leftovers from a roast chicken. A light stock from a chicken carcass can be used in soups, stews, gravies or risotto.

Ingredients

- 1 leftover roast chicken, which becomes leftover meat and chicken stock
- 1 large onion for the stock
- 1 large onion finely diced for the risotto
- 200 gm of Arborio rice
- Any leftover green vegetables or some frozen peas
- 50 gm grated cheddar or parmesan - add to taste

Method

To make the stock

Pick the remaining chicken off the carcass, then place the carcass, a pint of water and an onion in a large saucepan. Cook for half an hour on a slow simmer. You can also add some white wine if you have any left in a bottle. Any remaining stock can be frozen and used in a soup, stew or gravy.

To make the risotto

Sweat the chopped onion till soft, then add the rice and cook for 1 minute. Bit by bit add a spoon full of the stock to the rice until it has been absorbed. This should take roughly 15 minutes, stirring regularly on a medium heat. Then add leftover vegetables and chicken, warm through, add the cheese and serve immediately. The Risotto should have a nice loose texture and should melt in your mouth.

Serve with a fresh salad.

Recipe by: Daniel Smith of the Wildebeest Arms


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