

# CREAMY LEMON RISOTTO WITH SEARED PRAWNS



## INGREDIENTS

- 4 tablespoons olive oil
- 2 shallots, peeled and finely chopped
- 375g Arborio or Carnaroli rice
- 300ml dry white wine
- 1 litre hot vegetable stock
- Grated zest and juice of 2 unwaxed lemons
- 2 tablespoons chopped fresh flat-leaf parsley
- 60g Stenby cheese
- 60g Caprino Romano
- Salt and white pepper
- 16 raw king prawns, peeled and deveined

## PROCEDURE

1. Heat half the oil in a medium saucepan over a medium heat. Add the shallots and fry gently for 5 minutes, stirring occasionally, until softened but not browned. Add the rice and stir constantly for 2 minutes or until the grains are coated and shiny.

2. Pour over the wine and simmer for about 1 minute until it has evaporated. Add 2 ladlesful of the stock, bring to a simmer and stir until it is absorbed.

3. Continue adding the stock in the same way, stirring and waiting for it to be absorbed before adding more, until the rice is cooked but still has a slight bite. It should take about 16–18 minutes. You may not need to add all the stock.

4. Remove the pan from the heat and add the lemon zest, three-quarters of the lemon juice, the parsley and both cheeses, stirring for about 30 seconds until creamy. Season with salt and pepper and keep warm while you cook the prawns.

5. Heat the remaining oil in a large frying pan over a high heat. Season the prawns with salt and pepper and fry for 2 minutes each side. Pour over the remaining lemon juice.

6. To serve, spoon the risotto onto warm plates and arrange 4 prawns on top of each portion, then drizzle over some of the oil and lemon juice that the prawns were cooked in.