

Jason Pettit – Capital Radio Recipe



Cheats Creamy Salmon Risotto

This recipe uses Orzo and cooks in under 15 minutes!

Orzo is a grain shaped pasta which is very fast to cook and to achieve a creamy consistency, flour and milk are added.

Ingredients – serves 4 people

1 Tbsp	cooking oil
2 Tbsp	butter
1 small	onion – (peeled & finely diced)
2 lrg	garlic cloves (peeled & grated finely)
1 Tbsp	flour
2 cups	milk
2.25 cups	chicken or vegetable stock
1.5 cups	orzo
2 cups	frozen peas
½ cup	parmesan cheese (grated)
1 lrg	hot smoked salmon fillet (approx. 200gm)
1 small	lemon (zested)
handful	parsley (chopped)
	<i>salt & black pepper to taste</i>

Method

Melt the butter with the oil in a large pan over a medium/high heat.

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Add the onion and garlic and sauté until the onion has softened and lost its 'rawness'.

Add the flour, stir to combine, and cook for 1 minute.

Slowly pour half the milk into the mix whilst whisking and continue whisking until smooth (no lumps of flour).

Add remaining milk and the chicken broth, Orzo and peas.

Bring to a gentle simmer then lower the heat to medium so the mix bubbles gently.

Cook for 3 minutes stirring occasionally.

Whilst it is cooking, zest the lemon and flake the salmon with 2 forks.

Cook risotto for a further 2 minutes and stir more frequently during this time.

Remove from the heat immediately and place onto a pot stand/trivet.

Add the flaked salmon, parmesan cheese and lemon zest and stir until the cheese has melted into the sauce evenly.

Either divide equally between the serving bowls/plates or place the pan onto the table and serve garnished with chopped parsley.

Notes from the chef:

Once the temperature has been lowered to medium, the total cooking time is 5 minutes and attention must be paid for the final 2 minutes.

Hot smoked salmon has a much milder flavour than cold smoked salmon and is less salty in taste.

Tinned salmon can be substituted but ensure it is fully drained before adding.

Any protein can be used instead of salmon – chicken | prawns | white fish – cut the chicken into thin strips and add to the pan once the garlic and onion have sauteed.

For a more nutty flavour, use pecorino cheese instead of parmesan.

A handful of baby spinach leaves can be added along with the cheese to increase the nutritional value.

A drizzle of olive oil over the finished risotto adds a touch of elegance/decadence!

Tbsp - tablespoon

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Tsp - teaspoon