



## Veal Risotto

700 grams veal mince  
Olive oil  
1 medium onion, finely sliced  
4 cloves garlic chopped  
100-150 gm mushrooms sliced  
250 gm Arborio rice  
6 cardamom pods, torn apart  
15-20 strands saffron  
Salt  
1 glass dry white wine  
1 litre chicken stock  
Freshly ground black pepper  
Juice of 1 lemon  
50 grams each split almonds, pistachios and pine nuts – optional  
Green vegetable – such as spinach, peas or asparagus – for colour contrast

*In a large pan or shallow pot fry the onion, garlic and cardamoms in the olive oil until softened. Add the mushrooms and sauté briefly, then add the rice and saffron and fry a couple of minutes more until the rice begins to look transparent. Add the white wine then the veal and stir briefly to amalgamate the veal with the other ingredients – don't fuss too much about this as it will break up in the cooking anyway.*

*Begin to add the hot chicken stock and cook as for any risotto, adding more stock as each lot is absorbed and stirring regularly. When nearly cooked add lemon juice and freshly ground black pepper to taste. When finished, stir in lightly fried nuts. No butter or cheese is needed with this risotto.*

