

Learning Intentions.... To handle raw meat hygienically  
...to further improve pace of work

## Ham Risotto

### Ingredients

1 rasher of back bacon  
1 small onion  
15ml spoon oil  
100g long grain rice  
30ml tinned tomatoes  
300ml ham stock  
pinch of pepper  
25g mixed frozen vegetables  
pinch of mixed herbs  
chopped parsley to garnish

### Equipment

boiling pan  
scissors  
chef knife  
red board  
chopping board  
wooden spatula  
large measuring jug  
pot stand

### Method

- 1 Remove fat from bacon and snip into small pieces with kitchen scissors.
  - 2 Peel onion and chop finely.
  - 3 Heat oil carefully in a frying pan. Add bacon and onion and fry gently for 3-4 minutes **WITHOUT** browning.
  - 4 Rinse rice in sieve under cold running water until water runs clear.
  - 5 Add rice to bacon and onion mixture and cook gently for 1-2 minutes.
  - 6 Add stock, tomatoes, herbs and seasoning to pan, bring to boil reduce heat and simmer gently for 20 minutes or until rice is cooked. Add extra boiling water if required and stir occasionally to prevent rice sticking.
  - 7 Add vegetables and cook for a further 5 minutes until all the liquid is absorbed.
- Serve and garnish with chopped parsley.

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| Risotto | Storage<br>Re-heat | Place in a container with a cover. Refrigerate.<br>Microwave until piping hot. (approx. 2 minutes) |
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