

SEAFOOD RISOTTO WITH GARLIC AND A HINT OF CHILLI

Risotto ai frutti di mare con aglio e peperoncino

SERVES 4

500g live clams
500g live mussels
300g raw prawns,
peeled and deveined
300ml dry white wine
4 tablespoons chopped
fresh flat-leaf parsley
4 garlic cloves (2
crushed and 2 finely
chopped)
1 litre hot fish stock
4 tablespoons olive oil
1 teaspoon dried chilli
flakes
300g Arborio,
Carnaroli or Vialone
Nano rice
Salt and white pepper

Risotto ai frutti di mare is a classic northern Italian dish and some recipes contain four or five different types of seafood. Here I've added a little chilli for extra kick. Please don't add cheese as it 'fights' with the seafood.

1. Prepare the clams and mussels (see page 40, step 1). Chop the prawns into bite-sized pieces, reserving a few for garnish, and set aside.
2. Put the clams and mussels in a large saucepan with 200ml of the wine, half the parsley, the crushed garlic and ½ teaspoon of salt. Bring to the boil, cover and simmer for 3 minutes or until the shellfish has just opened then strain, reserving the cooking liquid. Remove most of the clams and mussels from their shells, reserving a few in their shells for garnish. Set aside. Strain the cooking liquid into a small pan and add the stock. Bring to the boil, reduce the heat and simmer gently until needed.
3. Heat the oil in a medium saucepan over a medium heat. Add the chopped garlic and chilli flakes and fry for about 1 minute. Add the rice and stir constantly for 2 minutes or until the grains are coated and shiny. Pour in the remaining wine and simmer for about 1 minute until it has evaporated.
4. Add 2 ladlesful of stock. Bring to a simmer and stir until it is absorbed. Continue adding the rest of the stock in the same way, stirring and waiting for it to be absorbed before adding more.
5. After 12 minutes stir in the chopped prawns, the shelled clams and mussels and the remaining parsley. Season with salt if needed. Continue to stir for a further 5 minutes or until the rice is cooked but still has a slight bite.
6. Remove the pan from the heat and leave to rest, covered, for 2 minutes. Garnish with the reserved clams, mussels and prawns then serve.

