

RECIPES  
for Investing

# PEA RISOTTO

Serves 4-6

## PEA SHELL STOCK

### INGREDIENTS:

- 400g shucked pea pods
- 2 sprigs fresh mint
- ½ clove garlic, smashed, germ removed
- 2 shallots, sliced
- 2L water

### METHOD:

1. Place the pea pods, mint, garlic and shallots into a cheesecloth. Tie into a bundle.
2. Pour the water into a large pot and bring it to a rolling boil. Add the sachet and lower the heat. Do not let the stock bubble. Steep the sachet to make a clear broth.
3. After 2 hours, remove the sachet slowly, allowing all liquid to drip into the pot, then discard.
4. Keep hot.

## PEA PURÉE

### INGREDIENTS:

- 200g frozen green peas
- 2 TBSP Pea Shell Stock

### METHOD:

1. Place the peas and stock into a blender. Purée.
2. If you need to, add a little more stock one tablespoon at a time to get a nice consistency.

## CHIVE OIL

### INGREDIENTS:

- 100g chives
- 300ML grapeseed oil
- Ice for ice bath

### METHOD:

1. Blend the chives and oil to a fine purée. Do not overblend.
2. Transfer to a pot and bring to a boil.
3. Strain through a fine sieve. Cool completely in a bowl placed over ice. Set aside.





## RISOTTO

### INGREDIENTS:

- 1 cup Arborio rice
- About 1.4L Pea Shell Stock
- 1 TBSP extra virgin olive oil
- 2 TBSP minced shallots
- 60ML dry white wine
- ¼ cup Pea Purée
- Salt to taste

### Garnish

- Pea tendrils
- Edible flowers, white
- ½ cup freshly shucked peas, blanched
- 1 TBSP Chive Oil
- Shaves of Pecorino Romano
- Salt to taste

### METHOD:

1. In a large pot, warm the olive oil over medium heat. Sweat the shallots until translucent. Add Arborio rice and stir until it is well coated and smells nutty. Add a pinch of salt to rice.
2. Add the wine to deglaze and let cook until the wine is fully absorbed.
3. Add one ladle of stock to the rice, and stir until it is completely absorbed. Continue adding stock one ladle at a time, stirring continuously until the liquid is absorbed and rice is al dente. This usually takes around 15-20 minutes.
4. Remove from heat and add Pea Purée. Season with salt to taste.
5. In a small bowl, dress blanched peas with the Chive Oil and season with salt to taste.
6. Spoon Pea Risotto into a serving bowl. Garnish with pea tendrils, edible flowers, Pecorino Romano and dressed peas.
7. Serve hot.