

# RISOTTO WITH CAMELISED BABY TOMATOES, TOMATOES, BASIL & LEMON



This risotto is fresh and light, great for a hot summer's day, especially when you've been swimming in the sea and don't feel like eating something too heavy. Accompanied with a salad, it's a wonderful meal, not necessarily too quick to

cook (as risotto takes its own sweet time to be prepared!), but well worth the wait!

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**Yields:**

6 servings

**Prep. Time:**

0 hours 20 minutes

**Cook Time:**

0 hours 20 minutes

**Total Time:**

0 hours 40 minutes



Not suitable for freezing



Suitable from 8 months



Suitable for vegans, if you don't add the Parmesan cheese



Suitable for vegetarians

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## INGREDIENTS

- 325g Arborio rice
- 4-6 spring onions/scallions
- 250g baby tomatoes, sliced
- 2 large tomatoes, cubed
- Zest of one lemon
- Basil leaves, a good handful, torn apart, not chopped, as you don't want the leaves to oxidise and turn brown
- 80g butter
- 1L vegetable stock (might need a little less, but have a litre just in case you need more)
- 3 Tbsp white wine (skip the wine if cooking for a baby)
- Salt & pepper to taste
- 150g grated Parmesan cheese (I prefer Parmigiano Reggiano)
- 2 Tbsp balsamic vinegar
- A pinch of sugar
- 1 clove garlic, finely chopped
- Olive oil
- Parsley, finely chopped (optional)

## METHOD

1. Slice the baby tomatoes in half.
2. In a saucepan, heat some olive oil.
3. Add the chopped garlic, stir is a little, then add the baby tomatoes.
4. Add the salt, pepper and sugar and stir for a few minutes.
5. Add the balsamic vinegar and stir until the sauce is reduced but not dry.
6. Set aside, and later, mix the caramelised baby tomatoes with the rest of the risotto.
7. In the meantime, finely chop the spring onions and garlic.
8. Cut the tomatoes into cubes.
9. Chop the parsley and set aside.
10. In a saucepan, heat the vegetable stock. Keep it warm at all times.
11. In a deep saucepan, over a medium-high heat, melt the butter.
12. Add the spring onions and garlic, and stir for about a minute.
13. Add the rice and stir until each grain is well coated and glistening with butter. Cook for about 2 minutes.
14. Add the cubed tomatoes and stir until they've softened up.
15. Pour in the white wine and allow it to cook until it reduces.
16. Lower the heat to medium, and add 1-2 ladles of vegetable stock. With a wooden spoon, stir everything around.
17. Once the liquid has been absorbed into the rice, add some more vegetable stock.
18. Keep waiting and adding, waiting and adding, until the rice is *al dente*. Don't overcook, as you don't want a mushy risotto, but also make sure the rice isn't too *al dente*, as you don't want it crunchy, either. It's a fine balance, but you'll know when you've hit the magic spot!
19. Add the grated Parmesan, the lemon zest, basil leaves and caramelised baby tomatoes, and stir.
20. If you're like me, then grate a little more Parmesan on top.
21. Serve hot, with a side salad and a glass of chilled white wine.

***Buon appetito!***