



Tathra Homestead

Beetroot, red wine and spinach risotto

from <http://www.tathrahomestead.com.au/blog>



Saturday night dinner following a morning at our stall at the Barossa Farmers Market is crafted on what we bought at the market!

This week we got some fabulous beetroot from KR Produce, and with some spinach, parsley and thyme out our garden, risotto was calling to us.

We paired it with a great 2018 Merlot from Taylor's.

Ingredients

- 1 onion, chopped
- 1 clove garlic, crushed
- 3 tablespoons Tathra Homestead extra virgin olive oil (EVOO)
- 8 small beetroot – previously diced and roasted until tender with thyme, salt, pepper, EVOO
- 2 1/2 cups Arborio rice
- 1 L vegetable stock – hot
- 1/2 cup red wine
- 2 cups spinach, chopped
- 2 tablespoons fresh thyme
- 1/2 cup Parmesan cheese, grated, and extra for garnish
- Salt and pepper
- 1/2 cup parsley, chopped, for garnish

Method

1. Saute onion and garlic in EVOO over a medium heat in the pressure cooker.
2. Add rice and toast for 1 minute. Stir to coat with EVOO.
3. Stir in beetroot.
3. Add stock and wine. Stir to combine. Raise heat to high. Close and lock lid. Once at pressure, lower heat to low. Cook for 8 minutes.
4. Reduce pressure of pressure cooker and place pot under cool running water. Open lid.
5. Stir through spinach, thyme and parmesan. Season to taste with salt and pepper.
6. Serve in bowls and garnish with parsley and parmesan.



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