



Secret Foodies Recipes

Risotto Alla Pescatora

This delicious recipe is courtesy of the team at Sagra Restaurant in Melbourne. We hosted a special Italian Feast there in 2016. This dish was a hit so we asked them for the recipe. Enjoy!

RISOTTO ALLA PESCATORA MENU

Serves 6

Ingredients

1 tablespoon butter

1 tablespoon olive oil

1 1/2 cups arborio rice

3 large shallots, finely diced

1/2 cup dry white wine

2 cups fish stock stock

2 cup seafood bisque (stock)

1/2 teaspoon salt

Pinch saffron

1/2 cup napoli

12 prawns, shelled and halved lengthways (keeping the heads)

12 mussels, debearded
200g white fish cut into small pieces
100g sliced scallops
1/2 cup freshly grated parmesan cheese
2 tablespoons chopped fresh parsley
2 tablespoons fresh chopped dill
2 tablespoon chopped thyme
1/2 cup diced butter, kept in the fridge

Method

Prepare all the seafood and keep aside.

In a small saucepan, heat both of the stocks together until simmering.

In a separate, heavy based saucepan, heat the olive oil, butter and the shallots over a medium heat and let sweat for 3 minutes.

Add in the prawn heads and let sweat for a further few minutes.

Add in the arborio rice and toast over a low heat for 2 minutes, stirring every 20 seconds or so. Don't let it stick!

Add wine and saffron and cook until almost evaporated, stirring frequently, this will take at least 1 minute.

Mix in 2 cups of hot stock and the napoli sauce and bring to a simmer.

Gently simmer the rice for around 12 minutes. Adding in more stock when you need to moisten the risotto down. It should always resemble a porridge. Keep it moist at all times.

Add in the prawns and mussels and continue to simmer for 2 minutes.

Add in the remaining seafood and simmer for a further minute. The rice should be tender but still firm to bite or 'al dente'.

Remove from the heat and vigorously stir in the cheeses and the cold diced butter. Stir continuously until all the butter has melted

Mix in the thyme, dill and parsley.

Season risotto to taste with pepper and garnish with the mussels and prawn heads placed on the top

*You will need to stir the rice quite vigorously during the cooking process to work the starches in the rice so

it becomes creamy

Bon appetito!

www.secretfoodies.com.au