



Smoked Trout Risotto

8 cups vegetable or chicken stock
3 tablespoons extra-virgin olive oil
2 1/2 cups Arborio rice
1/2 cup (2 oz/60 g) grated Parmesan cheese
375 g smoked trout fillets separated into large flakes
1 small red (Spanish) onion, finely chopped
1/4 cup grated lemon zest
3 tablespoons small capers
Ground pepper to taste
3 tablespoons snipped fresh chives or spring onions
3 tablespoons finely chopped fresh flat-leaf (Italian) parsley

Pour the stock into a saucepan and bring to a simmer. Adjust the heat to keep the liquid hot. In a large, heavy saucepan over medium heat, warm the olive oil. Add the rice and stir until white spots appear in the centre of the grains, about 1 minute. Add a ladleful of the stock, reduce the heat to maintain a simmer, and cook, stirring constantly, until the liquid is absorbed, about 2 minutes. Continue adding the liquid, a ladleful at a time and stirring constantly, until the rice is just tender but slightly firm in the centre and the mixture is creamy, 20-25 minutes longer.

Add the Parmesan cheese and stir to mix well. Gently fold in the trout, onion, lemon zest, and capers. Season with pepper.

To serve, spoon onto warmed individual plates and garnish with the chives and parsley.

Serves 6