



LOBSTER SAFFRON RISOTTO



RECIPE BY CHARLOTTE LANGLEY

CHEF, CULINARY DIRECTOR AND
CO-FOUNDER OF THE SCOUT
CANNING SEAFOOD BRAND.

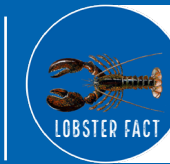


COOKING TIME
45 MINS



SERVING
6

SOMETHING TO CELEBRATE? PREPARE THIS DELICIOUS AND NUTRITIOUS RISOTTO, MADE WITH SUSTAINABLE LOBSTER, BY CANADIAN CHEF CHARLOTTE LANGLEY.



THE LOBSTER IS A LARGE CRUSTACEAN FROM THE SAME GROUP AS SHRIMP, PRAWNS AND CRAYFISH.

INGREDIENTS

- 2l fish or lobster stock
- 200g Arborio (risotto) rice
- 5 tablespoons extra virgin olive oil
- 1 yellow/brown onion, diced
- 25g diced celery
- 1 tablespoon crushed garlic
- 75g diced red and yellow peppers
- 75g shaved courgette (peeled in long strips)
- 45g diced fennel (save fronds for garnish)
- 250ml dry white wine
- 6 strands of saffron
- 3 tablespoons smoked sweet paprika
- 110g tomato paste
- 175g of cooked MSC certified lobster meat per person
- Salt and pepper to taste
- Zest and juice of a lemon
- Freshly grated Parmigiano Reggiano cheese to taste (optional)

METHOD

1. Bring the fish stock to a simmer in a medium-sized saucepan.
2. Soak the strands of saffron in the white wine to infuse for at least 10 minutes.
3. Preheat a medium-sized high-sided pot to medium and add the olive oil. Add onion, garlic, celery and fennel. Sweat them until tender (approximately 5-10 minutes). Then stir in the rice, thoroughly coating it.
4. Cook the rice until it is no longer chalky-looking and begins to pop – about 5 minutes. Add the smoked paprika and coat the grains. Add the saffron-infused wine and simmer, stirring constantly until it has evaporated. Swirl in the tomato paste.
5. Add a few ladles of stock and reduce heat slightly. Good things take time, and risotto is definitely one of those things. Continue to simmer, stir until almost dry. Continue adding ladles of hot stock and stir until almost tender (approximately 30-45 minutes).
6. Taste and adjust seasoning to your liking. Fold in courgette, diced peppers and wild lobster meat.
7. Serve in shallow bowls and garnish with the fennel fronds, zest and juice of lemon and parmesan.



and remember to look for the blue fish label

