Broccoli Stalk and Cheddar Risotto

3 generous bowls of creamy broccoli-stalk rice · Active 30 min · Total 50 min

Skills: Everyday cooking

Ingredients

• About 2 large broccoli stalks, woody skin removed, tender centers cut into 1/4-inch/5 mm dice (250 g peeled)

• 1 medium onion, finely diced (120 g)

• 1 tablespoon neutral oil (15 ml)

• 1 cup short- or medium-grain white rice (200 g dry)

• 3 cups vegetable stock (720 ml), kept hot; you may not need it all

• 3/4 cup milk (180 ml)

• Scant 1/2 cup finely grated cheddar (50 g)

• 1/4 teaspoon fine salt (1.5 g), or less if the stock is salty

• 1/4 teaspoon ground black pepper (0.5 g)

Set out

Wide heavy saucepan, Small saucepan, Vegetable peeler, Knife and board, Wooden spoon, Grater

Allergens

Milk. Check labels and substitutions.

Make it

1. Keep stock hot in the small saucepan without boiling it hard. Heat oil in the wide pan over medium-low heat. Cook onion and peeled broccoli dice for 7–8 minutes, stirring, until the onion is soft.

2. Add rice and stir for 1 minute. Pour in 1 cup/240 ml hot stock. Simmer gently, stirring regularly, until most of the liquid is absorbed.

3. Add more hot stock about 1/4 cup/60 ml at a time, stirring regularly and adding the next portion as the pan thickens. Continue for 18–22 minutes, until rice and stalk pieces are tender. Use only as much of the measured stock as needed.

4. Stir in milk and simmer gently for 3–5 minutes, until rice is fully tender and the mixture flows softly from the spoon. Remove from heat, stir in cheese, salt as needed and pepper. Rest for 2 minutes, then divide into three bowls. Add a little remaining hot stock if it thickens before serving.

A smaller ingredient bill

A stock cube or powder prepared at its label strength is suitable. Check its salt level before adding the measured final salt.

A useful detail

Dice stalks evenly and remove their woody outer skin. Large or unpeeled pieces can stay fibrous even when the rice is tender.

Keep it well

Serve freshly cooked for the creamiest texture. If saving a portion, spread it in a shallow container and refrigerate promptly, ideally within 1 hour. Keep at 40°F/4°C or below and eat within 24 hours. Reheat once to 165°F/74°C throughout with a splash of water or milk; do not keep reheated rice for another cycle.