

Tomato Risotto with Prosciutto shards

Ingredients

serves 6 - 8

Slow roasted tomatoes

200g grape tomato, halved lengthways

5ml olive oil

5ml Balsamic vinegar

Risotto

¼ cup (60ml) olive oil

1 onion, finely diced

1 stalk celery, finely diced

½ carrot, finely diced

2 garlic cloves, finely diced

300g risotto rice

125ml red/ white wine

1.5L chicken stock/ water + water

400g can good quality cherry tomatoes

20ml tomato paste

2 Bay leaves

3 sprigs thyme

1 rosemary sprig, finely chopped

1 cup chopped parsley/ basil + extra to garnish

½ cup grated parmesan

knob of butter (optional)

125g haloumi, crumbled and fried in oil

1 cup Kalamata Olives, pitted

12 - 16 thin slices Prosciutto

Salt and pepper to taste

option: add 400g can drained brown lentils with tomatoes for extra protein

Method

1. For the tomatoes. Heat oven to 160C. Halve tomatoes lengthways and transfer to a bowl with the olive oil, balsamic, salt and pepper. Stir gently and then transfer to an oven tray, cut side UP.
2. Slow cook until slightly caramelised. Check after 30 minutes and again at 45 - 60 minutes. Set aside for garnish. Increase oven temperature to 180C.
3. Meanwhile, for the risotto, add olive oil and onion to a deep stainless steel frying pan or large saucepan, and sauté over medium heat for 10 minutes or until sweet.
4. Add celery and carrot and saute a further 10 minutes.
5. Once tomatoes are cooked, oil oven trays very lightly. Place prosciutto on baking trays in a single layer. Do not overlap. Cook for a few minutes or until crisp. Set aside until serving.
6. To the risotto pan, add garlic and cook another minute, stirring occasionally with a wooden spoon.
7. Add rice and stir to coat in oil.
8. Meanwhile heat 1.5 litres stock in a saucepan. Keep on a low simmer.
9. Add wine to the risotto and stir until almost absorbed.
10. Add 250ml stock and stir occasionally until almost absorbed.
11. Add canned tomatoes, tomato paste, bay leaves, thyme and rosemary (and lentils if using). Stir well until almost absorbed.
12. Continue adding a cup of stock at a time, stirring until all of the stock is used or the rice is almost cooked to your liking and the sauce is creamy but still a little more liquid than ideal (as it will continue to cook and thicken once removed from the heat. Risotto should be creamy, not soupy and definitely not stodgy.
13. When you get a minute, fry haloumi in olive oil in a frying pan and set aside until serving.
14. Remove from the heat and stir in the parmesan, butter and parsley or basil.
15. Stir in olives. Taste and season with pepper (not salt as salty prosciutto and haloumi are being served..
16. Transfer to serving plates, dot with roasted tomatoes, shards of prosciutto, haloumi & herbs.