



Tomato Risotto with Prosciutto shards

Ingredients

serves 6 - 8

200g grape tomato, halved lengthways
5ml olive oil
5ml Balsamic vinegar
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
400g can good quality cherry tomatoes
1 - 1.5L chicken stock/ water

20ml tomato paste
2 Bay leaves
3 sprigs thyme
1 rosemary sprig, finely chopped
½ cup chopped parsley/ basil + extra to garnish
½ cup grated parmesan
knob of butter
Salt and pepper to taste
125g haloumi, crumbled and fried in oil
1 cup Kalamata Olives, pitted
6 - 16 thin slices Prosciutto*

Method

1. 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 (45 - 60 minutes.)
3. Once cooked, remove from the oven and turn the oven up to 180C.
4. Place prosciutto on baking trays (not overlapping) and cook for a few minutes or until crisp. Set aside.
5. 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.
6. Add celery and carrot and saute a further 10 minutes.
7. Add garlic and cook another minute, stirring occasionally with a wooden spoon.
8. Add rice and stir to coat in oil.
9. Meanwhile heat 1.5 litres stock in a saucepan. Keep on a low simmer.
10. Add wine to the risotto and stir until almost absorbed.
11. Add 250ml stock and stir occasionally until absorbed.
12. Add canned tomatoes, tomato paste, bay leaves, thyme and rosemary. Stir well until almost absorbed.
13. 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.
14. Remove from heat and stir in the parmesan, a knob of butter and herbs.
15. Taste and season with salt and pepper. Stir in olives.
16. Transfer to serving plates, dot with roasted tomatoes, shards of prosciutto, haloumi & herbs.

Louise Edney is a certified practising nutritionist who runs a cooking school & catering business in Sydney. For nutrition consults, classes, seminars and catering enquiries, please visit the Nourishing Nosh website.