



Recipe
suggestions

Risotto of courgette and crab (serves 4)

Ingredients

- > olive oil
- > 1 onion, diced
- > 1 garlic clove, smashed
- > 1 fennel bulb, diced
- > 200g arborio rice
- > 125ml white wine
- > 1.5l fish stock
- > 10 small courgettes, julienned
- > 75g unsalted butter
- > 250g white crab meat
- > 200g brown crab meat
- > 1 tbsp crème fraiche
- > 1 lemon
- > 2tbsp dill, chopped

Method

- > Heat a glug of olive oil in a shallow pan. Add the onion, garlic clove and fennel, season with salt and cook for 5-10 mins until softened.
- > Add the rice and stir thoroughly, coating the grains in the olive oil for 1 minute, then add the wine and allow the rice to absorb it all before following it with one ladle of the hot stock.
- > Continue to add the stock, bit by bit, for about 15 mins. Add the sliced courgettes and stir through.
- > Just before serving, stir in the butter, crabmeat, crème fraiche and lemon juice. Check the seasoning, then stir in the dill.

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