

Red cabbage risotto with apple, walnuts and goat's cheese

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A wonderful winter warmer from Dorota Trupp.

Ingredients (serves 4)

- ¼ head red cabbage
- ½ large apple
- 1 onion, peeled
- 1 cup whole grain risotto rice, use short or round grain as replacement
- 3 - 4 cups of stock (chicken, vegetables, beef or fish)
- 1 cup of red wine
- 1 cup of water
- 6 tbsp butter
- 100 - 120 g goat cheese (crumbled)
- ½ cup shelled walnuts
- Salt and pepper, to taste

Method

Cut the red cabbage into two to three millimetre slices and place into a pot. Add the red wine and water.

Cover with a lid and bring to boil, reduce the heat and simmer on the lowest heat until all the wine is evaporated (approximately 20 to 30 minutes).

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While the cabbage is cooking, chop the onion finely. Place the chopped onion with the butter into a pot and cook on a medium heat for two to three minutes.

Add the rice and cook for another two to three minutes, then add a cup of stock and bring to the boil while stirring constantly, then reduce the heat to low.

Continue stirring and add the stock little by little and cook until two-thirds of the stock is absorbed.

Grate the apple roughly.

Check if the rice is cooked (the grains should have a slightly soft, crunchy bite in the centre). If the risotto needs more cooking, add some more stock otherwise start to work the remaining butter into the risotto, followed by the cooked cabbage, apple and cheese. Season with salt and pepper.

Transfer the risotto onto serving platters and serve.

Photo credit: Trupps' Cooking School

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