

IRISH YOGURTS 

CLONAKILTY

PRAWNS AND RED PESTO RISOTTO





Prawns and Red Pesto Risotto

Recipe by Chef Kevin Dundon

Ingredients

- 150g Arborio Risotto Rice
- 1 shallots, finely diced
- 2 cloves of garlic, diced
- 100ml white wine
- 600ml boiling chicken/ vegetable stock, approx.
- 6 Wild Atlantic prawn tails, ready to cook
- 1 tbsp red pesto
- 4 scallions, chopped
- 75g Parmesan, freshly grated + extra to serve
- 4 tbsp Irish Yogurts Clonakilty 0% Kefir Natural
- 40g salad leaves, to serve
- Salt and pepper

Directions

- Choose a wide saucepan with a thick base.
- On a low heat slowly melt the butter and add the chopped shallots, garlic and the mushrooms, and cook very gently until completely softened.
- Stir in the Arborio rice. Mix well in to ensure that it does not stick to the base of the pan. Allow the rice to become glazed and cook without any liquid for 1-2 minutes whilst continuing to stir at all times.
- Next add in the white wine and again, do continue to stir the rice because the wine will evaporate off quite quickly.
- Add some simmering chicken or vegetable stock into the rice, maintaining a low/ medium heat at all times.
- Add the stock little by little and never adding the next ladle until the previous one has evaporated. It is vitally important not to rush this process but continue to add all of the liquid or until the rice is plump and tender about 15-18 minutes.
- Once nearly cooked, add in the prawns, red pesto and scallions into the risotto and let the prawns cook in with the rice for a further 2 minutes or so.



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- Season well. Remove from the heat, stir in some Kefir and more parmesan if needed. Check the seasoning for flavours and serve immediately with additional Parmesan cheese and some salad leaves on the side.