



Parsnip, Leek and Spelt Risotto

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2BEthical - Sustainable Hospitality Formulas

Serves 4

Ingredients

3/4 cup Biodynamic Butter

700g of Parsnips

4 Leeks

Bunch thyme

Bay Leaf

Macrobiotic Sea Salt

Freshly Ground White Pepper

1 cup ground Parmesan – Grana Padano

Olive Oil

Zest from 1 Lemon

400g Spelt Grain

Method

Wash all ingredients and make a quick stock:

Clean leeks of excess tops. Roughly chop & sauté with thyme, bay leaf and pepper in a dash of olive oil till about to colour.

Add about 3 litres of water; bring to the boil then simmer.

Slice leeks. Peel and slice parsnips. Chop up fresh thyme.

Sauté leeks, parsnips and thyme in a large heavy-bottom pan in half a cup of butter, with bay leaf and seasoning.

Before it starts to colour add 400g of spelt grain.

Stir with a big wooden spoon till it starts to stick. Then add boiling stock (see recipe above), a little at a time, till fluid.

Keep stirring and adding stock until it is a smooth consistency and the grain is cooked al dente. Australian spelt takes about ¾ of an hour.

Check seasoning.

To finish, knock in a knob of butter and fold in a cup of ground Parmesan.

Top with freshly grated lemon zest and fresh thyme.

Adding more Parmesan on top is optional.