

It seems we?ve never actually added our Onion Rings recipe of the Pea Risotto recipe. Both are repeat visitors to our meals. So here goes:-

Onion Rings

Ingredients:-

1 Large Onion
2 Eggs beaten
Seasoned Flour (Gluten free in our case)

Method:-

(1) Peal and slice the Onion into rings of about 1cm thick.
(2) Dip into the beaten Egg.
(3) Coat with seasoned Flour
(4) Deep fry on a fairly high heat until golden brown.
(5) Place on kitchen paper to drain.

Pea Risotto

When I was last in Manchester working I bought some Sticky Rice from a Chinese supermarket. It is very ?Sticky?! But idea for a Risotto.

Ingredients:-

1 Onion finely chopped
2 Cloves of Garlic, minced
Frozen Peas
Chicken Stock
Risotto or Sticky Rice
Salt & Pepper
Oil

Method:-

(1) In a large pan, add the onion and gently sweat for about 10 mins until really soft.
(2) Add the Garlic and cook for a further 2 minutes on a low heat.
(3) Stir the Rice into the pan, increase heat to medium and sizzle the rice for 1 min.
(4) Add the Stock a little at a time and stirring continuously until the rice is tender and has a good creamy consistency.
(5) Add the Peas and season to taste stirring the peas in well.

We served these with marinated Pork ribs and home made Coleslaw.