

LANGOUSTINES WITH SPRING PEA RISOTTO

SERVES 2

This is a great risotto recipe for anyone put off by the stodgy, grey concoctions served up in cheap neighbourhood Italians. The lively flavours in the herb butter and sweetness of the garden peas here work wonderfully with the succulent white meat in the langoustines to create a meal that zings as much with colour as it does with taste.

INGREDIENTS

2–3 large cups fish stock (see page 4)
200g butter
Fresh parsley, chopped
Fresh basil, chopped
Fresh mint, chopped
2 garlic cloves, finely diced
1 lemon, juiced and zested

12–16 langoustines, cut in half lengthways
1 shallot, diced
1 large cup Arborio rice
Glass white wine
Handful frozen peas
50–100ml double cream

- Preheat a hot grill and ensure your fish stock is simmering gently in a saucepan.
- Put three-quarters of the butter into a mixing bowl with the parsley, basil, mint, garlic, lemon juice and zest, and season with sea salt and freshly ground black pepper. Mix well.
- Arrange the langoustines, open side up, on a baking tray, and spread liberally with the herb butter. Set aside.
- Melt the remaining butter in a sauté pan and add the shallot. Cook for around 10 minutes over a low heat until it has softened without colouring. Add the Arborio rice and sauté for 1 minute, taking care not to burn the grains.
- Increase the heat to medium and pour in the wine. Simmer until the rice has absorbed all the liquid – again ensuring you don't let it burn – then add a ladleful of fish stock. Stir until the rice has absorbed all the liquid then continue adding the stock in stages, stirring regularly and waiting until the rice has fully absorbed it before adding more.
- The risotto will be ready when the rice retains just a touch of bite. When you are 5 minutes from this point, add in the peas. Place the langoustines under the hot grill for 2–4 minutes.
- Once the risotto is ready, pour in the cream. Warm it through and remove from the heat.
- Divide the risotto between two plates and arrange the langoustines on top in a wigwam fashion. Pour over any remaining herb butter and serve immediately with a wedge of lemon.

