

## BEETROOT RISOTTO WITH ORGANIC BABY GREENS

### METHOD

- 01** To make the beetroot puree, steam the beetroot in the Miele Steam Oven at 100°C for 45-60 minutes until well done.
- 02** Peel the cooked beetroot and chop into dices. Put them into a blender and season with salt, pepper and olive oil. Blend until fine and set aside.
- 03** Trim all the baby vegetables. Steam the baby beetroot in the Miele Steam Oven at 100°C for 8-10 minutes. Then add in the baby carrots and steam for another 3-5 minutes. After that, add in the green asparagus and steam for 1 more minute. Take out all baby vegetables when done and season with salt, pepper and olive oil. Set aside.
- 04** Heat up a pan with medium heat, sauté the chopped onion with olive oil until tender. Add in risotto and season with salt and pepper. Continue to stir fry with medium heat for 1 minute.
- 05** Add in white wine and cook until the alcohol evaporates. Remember to keep stirring from time to time.
- 06** Add 250 ml vegetable stock and thyme into the pan. Keep stirring while cooking until the stock is absorbed by the risotto. Then add the remaining stock and continue cooking for a total of 15-18 minutes. Add 150 ml beetroot puree and cook for another 3-5 minutes. When the risotto becomes al dente, turn off the heat. Add parmesan cheese and olive oil (or butter) and mix well.
- 07** Plate the risotto and place the cooked baby vegetables on top. Sprinkle the crushed hazelnut and garnish with micro herbs.
- 08** Ready to serve hot.

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### INGREDIENTS

Onion (Chopped) .....	80 g
Risotto .....	250 g
White Wine .....	100 ml
Vegetables Stock .....	500 ml
Thyme .....	2 bunches
Parmesan Cheese (Grated) .....	20 g
Olive Oil .....	100 ml
Salt .....	Moderate
Pepper .....	Moderate
Butter (Optional) .....	20 g

#### Beetroot Puree

Beetroot .....	200-300 g
Salt .....	Moderate
Pepper .....	Moderate
Olive Oil .....	20 ml

#### Baby Vegetables

Baby Beetroot (Peeled) .....	1-2 pcs
Baby Carrot (Peeled) .....	1-2 pcs
Green Asparagus (Peeled) .....	1-2 pcs
Yellow Cherry Tomato .....	1-2 pcs
Feta Cheese (Diced) .....	3-4 pcs
Hazelnut (Crushed) .....	1-2 pcs
Micro herbs .....	Moderate
Salt .....	Moderate
Pepper .....	Moderate
Olive Oil .....	Moderate



#### Tips

- Chicken stock could be used instead of vegetable stock.
- Using a wooden spoon for stirring could avoid damaging the shape of risotto.
- Miele PureSteam technology gives precise control over cooking temperature and ensures the vegetables can be cooked to perfection by using only 100% pure steam, giving a fresh and succulent taste.



1.5-2 h



1~2 persons

## 紅菜頭燴意大利飯 配有機蔬菜苗

### 做法

- 01 先製作紅菜頭蓉。將紅菜頭放入Miele蒸爐，以100度蒸45-60分鐘，直到煮熟。
- 02 紅菜頭去皮切小塊，放入攪拌機，加鹽、胡椒粉和橄欖油調味，然後打至幼滑，備用。
- 03 將所有菜苗切好，將小紅菜頭放入Miele蒸爐，以100度蒸8-10分鐘，然後將小胡蘿蔔加入蒸3-5分鐘，之後加入青蘆筍蒸煮1分鐘。最後取出所有蔬菜苗，以鹽、胡椒和橄欖油調味，備用。
- 04 用中火加熱平底鍋，加入橄欖油和洋蔥碎，並炒至軟身。然後加入意大利米，保持以中火均勻拌炒，加鹽和胡椒調味，煮1分鐘。
- 05 加入白酒煮至酒精揮發，不時攪拌。
- 06 加入250毫升蔬菜高湯和百里香，邊攪拌邊烹煮，直至高湯被意大利米吸收，然後加入餘下的高湯再煮，共煮約15-18分鐘。之後加入150毫升紅菜頭蓉，再煮3-5分鐘，直至意大利米變煙韌時，離火加入巴馬臣芝士及橄欖油（或牛油）攪拌均勻。
- 07 將燴飯擺盤，將煮熟的蔬菜苗放於其上，撒上榛子碎，最後用香草苗裝飾。
- 08 即可趁熱享用。

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### 材料

洋蔥（切碎）	80克
意大利米	250克
白酒	100毫升
蔬菜高湯	500毫升
百里香	2扎
巴馬臣芝士（刨碎）	20克
橄欖油	100毫升
鹽	適量
胡椒	適量
牛油（可選）	20克

#### 紅菜頭蓉

紅菜頭	200-300克
鹽	適量
胡椒	適量
橄欖油	20毫升

#### 蔬菜苗

小紅菜頭（去皮）	1-2個
小胡蘿蔔（去皮）	1-2個
青蘆筍（去皮）	1-2個
黃車厘番茄	1-2個
希臘芝士粒	3-4塊
榛子碎	1-2粒
香草苗	少許
鹽	少許
胡椒	少許
橄欖油	少許



#### 貼士

- 可選用雞湯代替蔬菜高湯。
- 利用木匙攪拌，能避免破壞意大利米的形狀。
- Miele蒸爐可準確調節溫度，利用純蒸氣技術以100度烹調菜苗及菜蓉能增加口感，使菜苗保持鮮嫩多汁。

🕒 1.5-2 小時

👤 1~2 人份