



BCSS ASM 2021 – Virtual Wellness Activity

Thursday, April 29th | 5-6pm

Salty Fig @ Home

Leek and Spring Pea Risotto

with Grilled lemon chicken or Halloumi

Kitchen equipment list

- Chef's knife
- Paring knife
- Cutting board
- Tea towels
- Dish cloth
- Small mixing bowls
- 2-3 Medium saucepan or sauterne
- Grilling pan or fry pan
- Tongs
- Spatula
- Box grater or microplane

Shopping List

- Chicken or vegetable stock (1 litre)
- Unsalted butter
- Olive oil
- Kosher salt and Pepper
- Arborio rice
- Dry white wine
- Heavy cream, goat cheese or mascarpone
- Fresh lemon (3-4)
- Fresh Thyme
- Fennel (1)
- Leeks (2)
- Frozen peas
- Pecorino or Grana Padano Cheese
- Halloumi Cheese (1 pack) found in the deli section of most grocery stores
or Chicken breast (your preference of cut-skin on or skinless)
- Baby Arugula
- Shallots (1)
- Fresh chives



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Recipe

Yield- 4-6 servings

1 1/2 tablespoons good olive oil
1 1/2 tablespoons unsalted butter
3 cups chopped leeks, white and light green parts (2 leeks)
1 cup chopped fennel
1 1/2 cups Arborio rice
2/3 cup dry white wine
4 to 5 cups simmering chicken stock or vegetable stock
1.5 cups frozen peas, defrosted, or 1 1/2 cups shelled fresh peas
1 tablespoon freshly grated lemon zest (2 lemons)
Kosher salt and freshly ground black pepper
2 tablespoons freshly squeezed lemon juice
1/3 cup goat cheese, heavy cream or mascarpone cheese
1/2 cup freshly grated Parmesan, plus extra for serving
3 tablespoons minced fresh chives, plus extra for serving

Risotto Method

1. Heat the olive oil and butter in a medium saucepan over medium heat. Add the leeks and fennel and saute for 5 to 7 minutes, until tender. Add the rice and stir for a minute to coat with the vegetables, oil, and butter. Add the white wine and simmer over low heat, stirring constantly, until most of the wine has been absorbed. Add the chicken stock, 2 ladles at a time, stirring almost constantly and waiting for the stock to be absorbed before adding more. This process should take 25 to 30 minutes.
 2. If using fresh peas, blanch them in boiling, salted water for a few minutes until the starchiness is gone.)
 3. When the risotto has been cooking for 15 minutes, add peas, lemon zest, 2 teaspoons salt, and 1 teaspoon pepper. Continue cooking and adding stock, stirring almost constantly, until the rice is tender but still firm.
 4. Whisk the lemon juice and mascarpone together in a small bowl. When the risotto is done, turn off the heat and stir in the mascarpone mixture plus the Parmesan cheese and chives. Set aside, off the heat, for a few minutes, sprinkle with salt and pepper, and serve hot with a sprinkling of chives and more Parmesan cheese.
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Grilled Halloumi or Roast Chicken with lemon and thyme

Remove halloumi from package, pat dry with paper towel, cut into 1 inch thick slices, preheat grilling/ fry pan on medium-high heat, spray grilling pan with pan spray or oil. When the pan is hot almost smoking, grill/fry halloumi 2-3 minutes each side creating caramelization and warming through.

Chicken

Preheat oven to 350 degrees, Heat frying pan on medium-high heat, add olive oil to pan. In a small mixing bowl, season chicken breast with salt, pepper, lemon zest and thyme leaves. Place breast presentation side down, searing both sides for approximately 4-5 each side, place oven safe frying pan in the oven for about 10 more minutes to finish cooking, bringing internal temperature to 165 degrees F.

Let chicken rest for 5 minutes after cooking to allow juices to redistribute, add drippings from pan to the risotto if desired.

Spoon Risotto into each bowl, top with sliced halloumi or chicken breast, in another small mixing bowl, add arugula, season with olive oil, a squeeze of lemon juice, salt and pepper, finish dish with simple arugula salad.