

Smoked Eel Risotto
heirloom tomato jelly, heirloom tomato



Ingredients: serves 4

For the tomato Jelly

2kg Ripe plum tomatoes
½ bunch basil
½ bunch coriander
50g sugar
20g salt
100ml white wine vinegar
4g Agar Agar (derived from seaweed, a vegetarian alternative to gelatin available from Asian supermarkets)

For the risotto

300g carnaroli risotto rice
600ml vegetable stock
100g smoked eel chopped
50g parmesan
50g unsalted butter
50g finely chopped shallots
2 cloves of garlic finely chopped
10ml Pomace olive oil

Method

Chop the tomatoes and place in a liquidizer with the other ingredients and blend until smooth. Pour into a sieve lined with a muslin cloth or coffee filter paper, and leave in the fridge until the liquid content has filtered through and a clear intense tomato liquor remains in the container.

Pour out 250 ml of this tomato essence into a pan with the agar agar. Bring the mixture to the boil, remove from the heat and pour onto a large tray lined with cling film in a very thin layer, approximately 1.5ml of liquid, and allow this to set for about 10 minutes. Once set cut with a 12 cm diameter ring.

Gently sweat the garlic and shallots with pomace oil in a large heavy based pan until they are tender and translucent, add the rice and continue to stir until the rice is warm and coated in oil. Add 100ml of warm vegetable stock and cook out until completely absorbed by the rice. Repeat again with more stock until rice is completely cooked again yet retains a bite, add the smoked eel, parmesan and butter and continue to stir until completely emulsified.

To serve divide the risotto evenly into four bowls, place disc of jelly on top, garnish with diced tomatoes and coriander cress.

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