

Low Achieved

Please note – These are extracts from one student’s response

Risotto is one of the Italians traditional dishes, coming with all different flavours but only one proper way to cook. Firstly you cut up all your vegetables whilst you get some water boiling to make a stock of your choice. In another pan you put the rice and add a ladle of hot stock, stirring constantly; when it has all evaporated put another ladle full in and so on.... Once all the stock is gone grate parmesan cheese over the top and gently mix the cheese through. For the non-traditional method just pour all the stock in at once and stir until all the stock has evaporated. Some popular varieties of rice used for risotto are Vialone Nano, Carnaroli and Arborio, mostly because they have two shells/layers. The outer shell is soft while the inner shell is harder and more robust. Italian risotto is also very simple and plain ingredient combinations such as onion, garlic and lots of parmesan.

Risotto became popular in the 1990s and was first introduced into New Zealand in the 1960s as a light lunch meal in a packet. The first packets contained a mixture of rice and rice shaped pasta with some dried vegetables and different herbs and spices to give different varieties. Curried rice risotto was a popular flavour. It was popular with New Zealanders who used in when away camping or tramping as you only had to add water and boil it – a one pot meal.

1

Risotto nowadays comes in pouches or pottles and you only have to put them in the microwave to reheat them. They are provided as whole meals or as side dishes to go with meat and other vegetables.

2

New Zealanders like lots of flavour in their risotto and put lots of herbs and vegetables and meat into it. Meat is very popular in New Zealand so chicken or bacon is often added into the risotto whereas in Italy vegetables or mushrooms are more authentic.

3

Italian risotto is very different to New Zealand risotto as the Italians cook all their food with love and passion and spend all day cooking a meal so it is perfect whereas New Zealanders want quick and easy meals because we are mostly in a hurry to get to work or we get home late from work and cook instant packet risotto.

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