

# Kale and Lemon Risotto Topped with Kale Crisps

150g cavolo nero or kale  
60g butter  
1 shallot, finely chopped  
2 celery sticks, finely chopped  
2 cloves garlic, finely chopped  
1 lemon, zest and juice  
200g carnaroli risotto rice  
600ml vegetable stock  
50g pecorino, grated, plus extra to serve

Bring a large pan of water to the boil. Blanch the kale in it for 1 minute, drain, then refresh in ice-cold water. In a food processor, blend until you have a purée, adding a splash of water if needed, and set aside. Melt 30g butter in a large saucepan and sauté the shallot and celery for about 7 minutes, until soft. Add the garlic and ½ the lemon zest; fry until fragrant, then add the rice and toast, stirring for 3 minutes until the edges are turning slightly translucent. Put the stock in a small pan and heat over a medium heat. Next, spend around 20-25 minutes pouring in a ladleful of hot stock at a time, stirring all the time and letting each ladleful absorb before adding the next one. You may need a little extra hot water; it should be creamy and thick not dry. Finally, stir in the kale purée, heat through, then beat in the remaining 30g butter and the pecorino. Add the lemon juice to taste, scatter over the remaining lemon zest and serve with extra pecorino and some kale crisps scattered over.

## Kale Crisps

200g of leaves kale, cut into bite size pieces  
1 tablespoon olive oil  
1 teaspoon sea salt flakes

Heat the oven to 150C. Drizzle over the oil, then toss to coat the kale thoroughly. Line one or two baking sheets with baking paper and spread the kale over in a single layer. Bake for 25-30 minutes until crisp. Sprinkle over the sea salt flakes.

