

FLOWERS

DISCOVER Our Range of Plants



SAVE Your order



SOW Your April Seeds

Home > Advice > Broad bean and spelt risotto recipe

GARDENING KIT

HOME & LIFESTYLE

SEE ALL ARTICLES

# broad bean and spelt risotto recipe

Posted in [June](#), [July](#), [August](#), [September](#), [All Recipes](#), [Summer](#) on [1st September 2019](#)

A healthy, summer recipe which uses the alternative grain, spelt, making a nutritious but delicious alternative to Arborio rice

Serves 4

- 250g pearled spelt
- 2 medium shallots
- 2 cloves of garlic
- 1 red chilli, deseeded and finely chopped
- 50g butter
- 1 good handful of tarragon leaves, coarsely chopped
- 1 litre hot vegetable stock
- 500g broad beans, unshelled weight
- 6 broad bean tips, coarsely chopped
- 1 good handful of sugar snap and mange tout peas
- 100g Parmesan (plus a little more grated for the table)
- Maldon salt and black pepper
- A splash of balsamic vinegar

Rinse the pearled spelt under cold water.

Peel the shallots, garlic and chilli and chop them finely. Cook them in the butter until soft but not coloured. Add the chopped tarragon leaves and stir.

Add the pearled spelt and pour in enough hot stock to cover. Bring to the boil then turn down to a simmer and cook for about 15 minutes, stirring regularly, adding more stock as it's needed. Check the texture as you go. When you eat it, you want it soft with a slight bite.

Stir in the shelled broad beans, broad bean tips and peas, leaving them to soften for 3-4 minutes before adding the Parmesan. Check the seasoning, adding salt and ground black pepper as you need.

I added a swirl of balsamic vinegar over each serving and put a plate of grated Parmesan on the table so everyone can add more cheese if they wanted.

Serve with a strong-flavour mixed leaf green salad of wild rocket, mustard and chicory leaf.



Leave a comment

Share this:



Print this page

## useful kit...



Broad Bean 'Stereo'

## ABOUT US

Contact Us  
About Us  
We support  
Jobs  
Affiliates  
Press  
Awards  
COVID-19 Declaration

## SHOPPING

Plant Sizes & Product Info  
Key to Symbols  
Delivery  
Order Form  
Quick Shop  
Gift Vouchers  
Find Your Perfect Plant  
How to Order Online

## FOR OUR CUSTOMERS

Podcast  
Feefo Reviews  
Join us online  
Recommend a Friend  
Instruction Booklets  
Help & FAQs  
Request a Catalogue  
Gift Wrap

## TERMS AND CONDITIONS

\*Terms & Conditions  
Privacy & Security  
Returns, refunds and exchanges  
Cookie policy  
Payments and Guarantees

JOIN IN



SIGN UP

*Receive emails from us & get 10% off your order*



**0345 092 0283**

For orders: Mon-Sat 8am-10pm, Sun 9am-10pm  
For Customer Services: Mon-Fri 9am-5pm

© 2021 Sarah Raven. All rights reserved. Registered in England & Wales #06694059. Photography: © Jonathan Buckley. eCommerce by blubolt

