

# Parsnip risotto with Parmesan Crisps



## Ingredients for 2 people

### For the risotto:

500 g parsnips  
1 onion  
2 tsp granulated vegetable stock  
40 g butter  
200 g risotto rice  
200 ml white wine  
80 g parmesan  
4 stalks of fresh parsley  
Salt and pepper  
¼ tsp cumin

### For the parmesan crisps:

150 g Parmesan cheese  
½ tsp dried rosemary  
½ tsp dried oregano  
1 tsp paprika powder

Peel the parsnips and cut into small cubes. Peel and finely chop the onion. Boil 1 litre of water and stir in the vegetable stock. Keep the stock warm.

Melt the butter in a saucepan and sauté the onions over a medium heat. Add the parsnip cubes and keep stirring as they cook. Add the risotto rice and continue to cook until the rice becomes translucent. Deglaze the pan with the white wine and simmer. Once the rice has absorbed the wine, add a ladle of the vegetable stock. Reduce the heat if necessary. Once the risotto rice has absorbed the liquid, gradually add the rest of the vegetable stock. Keep stirring and make sure that the risotto does not start to boil. In the meantime, preheat the oven to 180 °C (conventional oven). Grate the Parmesan for the crisps and mix with the herbs and spices. Using a tablespoon, place small piles of the Parmesan mixture on a baking tray lined with baking paper. Bake the Parmesan crisps in the oven for about 10 minutes. Finally, grate the rest of the Parmesan and mix with the rice. Chop the parsley and stir it into the risotto. Season to taste with salt, pepper and cumin. Turn off the heat and leave the risotto to rest for another 2-3 minutes. Top with the Parmesan chips and serve.

Bon appétit!