

Chicken And Watercress Risotto

2	Organic chicken legs
1.2 lt	Chicken stock
500g	Arborio risotto rice
200ml	White wine
50ml	Farringtons Mellow Yellow rapeseed oil
200g	Onions – finely diced
½ bunch	Watercress (pick the leaves and discard the stalks)
25g	Unsalted butter

Method:

Place the chicken legs in a sauce pan and cover with the chicken stock. Bring to boil and simmer gently for 20-30 minutes until the meat starts to come away from the bone. Remove the legs from the stock and put aside. Pass the stock through a fine sieve and keep hot.

Heat the rapeseed oil in a thick bottomed pan and add the finely diced onions. Cook without colour for 2-3 minutes. Add the risotto rice to the onions and continue to cook for a further 3-5 minutes, still with no colour.

Add the white wine and reduce the quantity by three quarters. Stirring the rice occasionally. Slowly add the hot chicken stock a ladle at a time, stirring continuously until all the stock has been used. This will take between 15-20 minutes.

Serve:

Remove the meat from the chicken legs ensuring all the skin and sinew has been discarded. Stir the cooked chicken leg meat into the hot risotto rice. Add the butter and stir in the picked watercress leaves. Check the seasoning and serve.