



Roasted Sweet Garlic and Thyme Risotto with Toasted Almonds and Breadcrumbs

READY IN



70 min.

SERVINGS



6

CALORIES



842 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 155 grams almonds shelled crushed peeled chopped
- ☐ 6 servings pepper black freshly ground
- ☐ 2 handfuls coarse bread crumbs fresh
- ☐ 70 grams butter
- ☐ 0.5 head celery finely chopped
- ☐ 1.1 litres approximately 1 quart chicken stock
- ☐ 1 handful thyme leaves fresh leaves picked good
- ☐ 2 cloves garlic finely chopped

- ☐ 1 tablespoon olive oil
- ☐ 6 servings olive oil
- ☐ 115 grams parmesan freshly grated
- ☐ 400 grams arborio rice
- ☐ 6 servings sea salt
- ☐ 3 medium shallots finely chopped
- ☐ 2 large heads garlic whole unpeeled
- ☐ 2 wine glasses vermouth dry white

Equipment

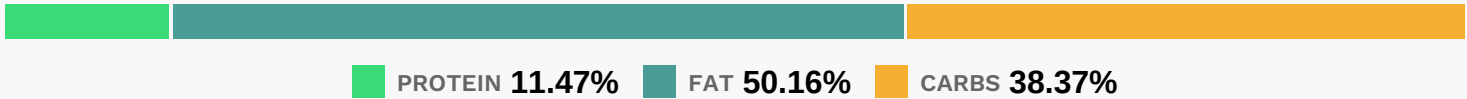
- ☐ frying pan
- ☐ ladle
- ☐ oven

Directions

- ☐ For the basic risotto: Preheat the oven to 450 degrees F (230 degrees C). Roast the whole garlic heads on a dish in the oven until soft, about 30 minutes.
- ☐ Heat the stock. In a separate pan heat the olive oil, add the shallots or onions, garlic, and celery, and fry slowly for about 4 minutes. When the vegetables have softened, add the rice and turn up the heat.
- ☐ Stage 2: The rice will now begin to fry, so keep stirring it. After a minute it will look slightly translucent.
- ☐ Add the vermouth or wine and keep stirring, it will smell fantastic. Any harsh alcohol flavors will evaporate and leave the rice with a tasty essence.
- ☐ Stage 3: Once the vermouth or wine has cooked into the rice, add your first ladle of hot stock and a good pinch of salt. Separate the roasted garlic cloves and squeeze out the sweet insides into the risotto.
- ☐ Add the thyme and black pepper to the risotto. Turn down the heat to a highish simmer, so the rice doesn't cook too quickly on the outside. Keep adding ladles of stock.
- ☐ Remove from the heat and add the butter and Parmesan. Stir gently.

- ☐
- Place a lid on the pan and allow to sit for 2 to 3 minutes. This is the most important part of making the risotto, as this is when it becomes outrageously creamy and oozy like it should be. Eat as soon as possible while the risotto retains its perfect texture. In a frying pan toast the almonds and bread crumbs in a little olive oil until crisp and golden. Season with a little salt. Set to one side.
- ☐
- Serve the risotto with the toasted almonds and bread crumbs sprinkled over the top. Lovely.

Nutrition Facts



Properties

Glycemic Index:63.83, Glycemic Load:42.81, Inflammation Score:-8, Nutrition Score:27.468261330024%

Flavonoids

Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 841.61kcal (42.08%), Fat: 47.2g (72.62%), Saturated Fat: 13.29g (83.07%), Carbohydrates: 81.25g (27.08%), Net Carbohydrates: 74.81g (27.2%), Sugar: 6.38g (7.09%), Cholesterol: 43.7mg (14.57%), Sodium: 979.26mg (42.58%), Alcohol: 0.03g (100%), Alcohol %: 0.01% (100%), Protein: 24.29g (48.58%), Manganese: 1.53mg (76.48%), Vitamin E: 9.36mg (62.43%), Folate: 201.2µg (50.3%), Vitamin B1: 0.69mg (45.86%), Phosphorus: 414.06mg (41.41%), Vitamin B3: 7.92mg (39.58%), Vitamin B2: 0.63mg (37.15%), Selenium: 24.54µg (35.06%), Calcium: 349.54mg (34.95%), Iron: 5.51mg (30.61%), Copper: 0.58mg (28.86%), Magnesium: 112.73mg (28.18%), Fiber: 6.44g (25.74%), Vitamin B6: 0.37mg (18.28%), Zinc: 2.67mg (17.82%), Potassium: 549.66mg (15.7%), Vitamin K: 13.8µg (13.14%), Vitamin B5: 1.23mg (12.33%), Vitamin A: 471.13IU (9.42%), Vitamin B12: 0.31µg (5.21%), Vitamin C: 2.16mg (2.62%)