

Spelt Horseradish Beetroot Risotto with Fennel and Beef Sausages



Ingredients

250g cup spelt, drained, and rinsed
4 tbsp white wine vinegar
1 tbsp sugar
2 small beetroot, peeled and cut into 1cm cubes
2 tbsp crème fraîche
2 tbsp prepared horseradish
2 tbsp extra-virgin olive oil
1/2 small bulb fennel, cored and thinly shaved on a mandolin
Sea salt and black pepper
200ml beetroot juice
300ml chicken or vegetable stock
2 tbsp rapeseed oil
2 cloves garlic, peeled and minced
1 large shallot, peeled and minced
100ml Madeira
100g freshly grated Parmesan or Lincolnshire poacher
4 tbsp unsalted butter
8 beef sausages, grilled or pan-fried
Pan-fried kale to serve

Shopping list

Browse our local suppliers to make your shopping list.

Method

Boil the spelt until al dente (the spelt will retain a slight crunch), 15–20 minutes. Drain and set aside. Whisk together 1 tsp. salt, vinegar and sugar in a small bowl until the sugar is dissolved; add beetroot cubes and leave to marinate for 1 hour. In a small bowl, mix together crème fraîche and horseradish; set aside. In another small bowl, toss together the olive oil and fennel and season with sea salt and black pepper; set aside.

Pour the beetroot juice into a saucepan over medium-high heat and cook until reduced by half; set beetroot juice aside and let cool. Meanwhile, heat the chicken stock in a small saucepan over medium heat; set aside and keep warm. Heat the oil in a 10" skillet over medium heat and add the garlic and shallots; stirring occasionally, until soft, 2–3 minutes. Add the spelt and cook, stirring often, until lightly toasted, 2–3 minutes. Add the Madeira and cook until it is reduced to a thick syrup, about 5 minutes.

Add half of reserved chicken stock, stirring often, until absorbed, about 8 minutes. Add the remaining stock, 1 cup at a time, and cook until it is absorbed before adding the next amount. Add the reduced beetroot juice and cook, stirring often, until the liquid is creamy and the spelt is tender, about 5 minutes. Remove from heat, stir in Parmesan and butter, and season with sea salt and black pepper; let the risotto sit for 3 minutes.

To serve, divide the risotto between 4 shallow serving bowls and top with a dollop of the horseradish cream. Garnish the risotto with the reserved fennel and beetroot cube. Serve with the sausages.