

Carrboro
FARMERS' MARKET
locally grown  nationally known
YEAR ROUND *Celebrating 30 Seasons*

Vegetable Risotto with Goat Cheese and Fennel

This recipe is from Simply Organic: A Cookbook for Sustainable, Seasonal, and Local Ingredients

Ingredients

4 cups chicken or vegetable broth
2 tablespoons olive oil
1 fennel bulb thinly sliced*
2 cloves of garlic minced*
1 cup Arborio rice
4 ounces of soft goat cheese*
1 cup fresh peas (you could also use frozen)
1 tomato, seeded and chopped*
2 tablespoons chopped fresh mint or basil *

Procedure

Bring broth to a boil in a saucepan over medium heat. Reduce the heat to low, cover, and maintain at a simmer.

Heat the olive oil in a deep heavy saucepan over medium heat. Add the fennel, garlic, and rice. Cook for 5 minutes or until the rice is golden brown. Begin adding the simmering broth, ½ cup at a time, and cook, stirring constantly for about 20 minutes. Use enough broth for the risotto to become creamy. When done, the rice should be a little firm in the center.

Stir in the peas, cheese, tomato, and mint or basil. Cook for 2 minutes and serve.

* Ingredients Available at Market

Market News: The Southern Village Farmers Market OPENS this Thursday on the Green at Southern Village from 3:30pm – 6:30pm!

The opening market on May 7th will feature a performance by the Mary Scroggs Elementary School chorus at 3:30 pm, and a cooking demo by Il Palio chef Adam Rose at 4:30. Stop by each week for the freshest and healthiest locally grown foods, for recipes and cooking tips, and just to hang out and enjoy the Farmers Market ambiance.