



Crab and Seaweed Risotto

Crab and seaweed risotto is one of those recipes that takes me back to the happy memories of my childhood, walking along a blustery promenade, tasting the salt spray in the fresh sea air, the scent of drying seaweed on the tideline wafting over me.

As this dish has salty ingredients, I tend to use plain water to add to the rice rather than chicken, fish or vegetable stock. Stock cubes tend to be very high in sodium and as rule of thumb I generally do not use them. If, however, you prefer a saltier flavour, replace the water with your favourite stock.

Ingredients: Serves 4

1 tbsp coconut oil or small knob of butter	350g white crab meat
1 medium red onion, finely chopped	100g anchovy fillets
2 cloves garlic, finely chopped	160g sea spaghetti seaweed
Pinch of salt	230g samphire
200ml dry vermouth	Zest and juice of 1 lime
400g risotto rice	Handful of chopped coriander
Approx 1 litre of water	100g freshly grated parmesan (optional)

Method:

In a large pan, melt the coconut oil or butter. Add the onion and fry on a medium heat for 5 minutes. Add the garlic and a pinch of salt and fry for a further 5 minutes.

Add the risotto rice to the pan (without pre-rinsing) and stir to coat the rice with the coconut oil or butter. Add the vermouth, stir well and turn up the heat to medium hot.

Keep stirring while the vermouth reduces and is absorbed by the rice. Add a ladle of water to the pan and stir until the water has been evaporated. Continue to add ladles of water and let each ladle be absorbed by the rice before adding another ladle. This will take about 15 minutes.

Try a grain of the rice. Ideally it wants to be just slightly crunchy still. Turn the heat down to medium. Add the anchovies and stir well until they melt into the risotto. Add the seaweed and samphire and possibly another ladle of water if the rice is drying out too much. Cook for a further 5 minutes, stirring continuously.

Add the crabmeat, coriander, lime juice and zest and combine well. Scatter freshly prepared avocado over the top and serve up.

As an extra, you might like to add freshly grated parmesan to give the meal a creamier texture.

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