



saffron mussel risotto

Serves 4 - gluten free, dairy free (optional)

Handful parsley
380g water
120g white wine
1kg mussels, scrubbed
and debearded
2 garlic cloves, peeled
1 leek, ends trimmed and halved
40g olive oil
300g Arborio rice
40g stock concentrate
Pinch saffron threads
20g butter (optional)

1. Place parsley in TM bowl, chop for 5 seconds, speed 6. Set aside.
2. Fill TM bowl with water and white wine. Place mussels in lower Varoma steaming tray, steam for 14 minutes, Varoma temperature, speed 3. Remove any mussels that have opened.
3. Steam for a further 1 minute, Varoma temperature, speed 3. Remove mussels that have opened.
4. Steam for a further 1 minute, Varoma temperature, speed 3. Again, remove any mussels that have opened and discard any unopened mussels. Cover mussels to keep warm. Set aside steaming water.
5. In a dry TM bowl place garlic and leek, chop for 3 seconds, speed 6. Scrape down sides.
6. Add oil, sauté for 3 minutes, 100°C, speed 1.
7. Add rice, sauté for 2 minutes, 100°C, reverse speed 1.
8. Add stock concentrate and saffron. Activate scales and pour in reserved steaming liquid. Then add water to bring the weight to 750g. Cook for 18 minutes, 100°C, reverse speed 1.5.
9. Add butter and stir through using a spatula. Allow to stand in TM bowl, covered, for 5 minutes.
10. Divide risotto between 4 serving bowls, top with mussels and sprinkle with chopped parsley.

Variation: After step 4 remove the mussels from their shells and stir through the risotto at step 9 along with the butter.

[online only recipe](#)