



**Serves**  
20-30 children



#### Tools needed

- Cutting boards
- Vegetable peelers
- Zester
- Lemon squeezer
- Chef's knife
- Paring knives
- Medium saucepans
- Large pot with lid
- Wooden spoon
- Measuring cups
- Strainer



# Apple and Pineapple Sage Risotto

## Ingredients :

- 3-4 apples
- 1 lemon- juice and zest
- 2-3 pineapple sage leaves, finely chopped
- 2-3 pineapple sage flowers (if available), finely chopped
- 1 litre apple-peel tea (see directions below)
- 2 cups Arborio rice
- ¼ cup butter (55 grams)
- ¼ cup honey
- ½ cup cream

- 1 Make the apple-peel tea. Remove any stickers and wash the apples well. Peel the apples, cut them into quarters, and cut out the cores. Place peels and cores in a medium saucepan. Cover the with 1.5 litres (6 cups) water, and cover the pan with a lid. Bring to a boil, then simmer over medium-low heat as you're preparing the other ingredients.
- 2 Cut the apple quarters into small pieces (about 1cm).
- 3 Heat the butter in a large pot. Add the rice and stir until translucent (fairly clear). Add the apple pieces. Cook, stirring occasionally, for 2-3 minutes. Add the lemon juice, lemon zest, chopped pineapple sage leaves and flowers, and honey, and stir.
- 4 Strain the apple peel tea into another saucepan. Add 1 cup of the apple peel tea to the rice mixture and stir until the liquid has evaporated. Repeat, adding 1 cup at a time and stirring until the liquid has evaporated, until you have added 5 cups of the apple peel tea.
- 5 Add the cream, stir well, then turn off the heat and cover the pot. Let sit for 3 minutes.
- 6 Divide into serving bowls and garnish with extra pineapple sage leaves and/or flowers if desired.