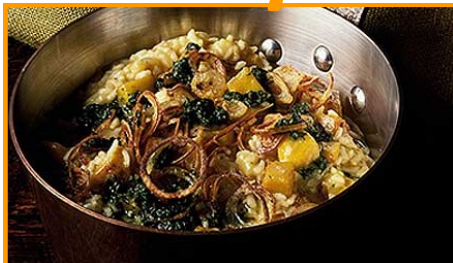


Garlicky Pumpkin Risotto



Directions:

- For the pesto:** Pulse the basil, garlic and pine nuts in a food processor to a coarse paste, adding enough olive oil to produce a loose-textured puree. Pour into a bowl and fold in the parmesan.
- Blanch remaining garlic in boiling water for 3 mins, until slightly softened. Drain, return to the pan with 200ml / 7fl oz of the chicken stock and half the butter. Simmer for about 15 mins until the garlic is soft and coated in the syrupy stock/ Remove from the heat. You can do this 4 hours in advance.
- Heat oven to 200C / fan 180C / gas 6. Toss the pumpkin cubes with the olive oil in a roasting tin and roast for 10-15 mins until the flesh is tender.
- For the crispy shallots.** Dust them in the flour and shake off excess. Heat 2cm oil in a large pan and fry until light golden brown. Drain and keep warm.
- Sweat the onion in the remaining butter in a large shallow pan until soft, about 5 mins. Tip in the rice, raise the heat and toast until translucent. Lower the heat and add the remaining stock a ladleful at a time, stirring well until the stock is completely absorbed before you add the next ladleful.
- Once the rice is al dente, fold in the 2 cheeses, garlic cloves and pumpkin and cook for 2 mins. Serve with a drizzle of pesto and the shallots on top.

Ingredients:

For the Marinade Pesto:

Large bunch Basil, leaves and stalks torn
3 Garlic Cloves, roughly chopped
3 tbsps. Pine Nuts, toasted
Olive Oil
50g Parmesan, finely grated

For the Risotto:

6 Garlic Cloves, peeled
1.4l hot Chicken Stock
85g Unsalted Butter
400g /140oz Pumpkin (unpeeled weight), peeled seeded and cut into 1 cm cubes.
2 tbsps. Olive Oil
1 small Onion, finely chopped
400g Arborio Rice
100g Pecorino, finely grated

For the Crispy Shallots:

50g Shallots, finely chopped
100g Plain Flour seasoned with salt and pepper
Vegetable Oil for shallow frying

Nutrition: Yield: 4, calories 696, protein 17g, carbs 70g, fat 40g, saturates

14g, fibre 3g, sugar 0g, salt, 1.24g

Prep Time: 15 mins **Cooking Time:** 25 mins
Inactive Prep Time: overnight



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