

Pumpkin Risotto

INGREDIENTS

4 tbsp olive oil
100g butter
1 sprig of fresh rosemary
600g pumpkin (weight before prep.), peeled, deseeded and flesh chopped into small chunks
1 small onion, finely chopped
1 garlic clove, finely chopped
300g carnaroli rice
150ml dry white wine
1 litre hot chicken stock
50g Parmesan, freshly grated
Sage leaves, torn, to serve

METHOD

Heat two tablespoons of the oil and 25g of the butter in a heavy-bottomed pan. Add the rosemary and pumpkin chunks, season and put the lid on. Cook for about 20 minutes or until the pumpkin softens and breaks down. There is enough water content in the pumpkin that it shouldn't stick but keep an eye on it. When the pumpkin is soft, take the pan off the heat and remove the rosemary sprig.

In another large pan, heat another 25g of butter with the remaining two tablespoons of olive oil. Add the onion and garlic and cook gently until soft but not coloured. Add the rice and toast it for a few minutes, stirring continuously to coat it in the fat.

Pour the wine over the rice and cook to allow it to evaporate, then start to add the hot chicken stock a little at a time, allowing the liquid to be absorbed by the rice before you add the next lot. About halfway through, add the pumpkin, and continue to add the stock, stirring from time to time to avoid it sticking to the pan (this takes about 18 minutes). Take the pan off the heat and beat in the remaining butter and the Parmesan. Finish with the sage.

This recipe was Tried & Tested by Lorna. It is a recipe written by Angela Hartnett and seen in the Daily Telegraph. Lorna reduced the amount to suit two people and said it was very tasty and seasonal.

