

Roast Pumpkin and Basil Risotto

Serves 4 people

Ingredients

- 1 Kilo of Pumpkin - Butternut
- 1 medium onion – diced
- 200 grams Arborio Rice
- ½ cup white wine
- 1/3 cup chopped Basil
- 3tbl spoons Olive oil
- 1 Bay leaf
- Extra Virgin Olive oil
- 5 Cups Vegetable stock
- 1/3 cup good Parmesan Cheese
- 3 Cloves of Garlic – chopped or crushed

Oven Temp

190c

Method

- 1] Peel pumpkin and remove all the seeds. Then cut into small chunks and roast in the oven for approximately 30 minutes. [190c] to caramelise.
- 2] Heat 3tbl spoons of oil in a large pot and saute the onions and garlic – do this slowly to caramelise and onions go soft.

- 3] Add rice when it starts to just change colour add the wine until it absorbs. Add stock ½ cup at a time until the rice absorbs the stock. Stir all the time.
- 4] Add all the stock slowly then start to add in the Pumpkin, herbs and cheese. Toss together gently. You can add a little extra oil or butter at this time. Try to keep the Pumpkin in cubes if possible. Stir in slowly, when stirring try not to break the pumpkin up.
- 5] Serve with Crusty bread or a salad.

