

PUMPKIN, LEMON, BASIL AND GOAT'S CHEESE RISOTTO



Ingredients-

500g cubed pumpkin
A large bunch of basil
1 1/2 onion- red or brown
3 cloves garlic
5 cups of chicken stock (one litre)
150g butter
2 cup arborio rice
Juice of a large lemon
100g of parmesan cheese
150G Buffalo cheese/ feta
Freshly ground black pepper

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WHAT TO DO

Preparation-

- Cube the pumpkin and skin it. The cubes should be about 2cm
- Put some water in the sauce pan so it is half full, put it on the heat
- When the water is steaming put the steamer top on and fill with the pumpkin cubes.
- Keep the lid on, but make sure the water does not over boil and steam the pumpkin for 5- 10 minutes until soft.
- Make a litre of stock, by boiling the water in a pan and adding stock powder and have it on the stove ready to use, on a low heat
- Grate the parmesan into a small bowl and crumble the buffalo cheese.
- Peel and finely chop the onion
- Chop the garlic chives or crush the garlic
- Wash and chop the basil. Save a couple of whole sprigs for garnish

Cooking

- Heat the butter in the wok or large saucepan and tip in the onion and garlic or garlic chives, after a couple of minutes.
- Once softened add the rice and make sure every grain is well covered with butter, also add the basil. (saving a little for garnish)
- Add a ladle full of stock, then once this is absorbed add another and then another. Also add the lemon juice. Keep stirring the risotto.
- After 5 minutes add the pumpkin
- After 15 minutes taste the rice. It should be slightly nutty in the centre of each grain, taste for salt and pepper, and add accordingly
- Stir in the parmesan and then divide into 4 dishes and garnish with