



AN OVEN BAKED RISOTTO WITH PUMPKIN

(FOR 4 SERVINGS)

TOTAL PREPARATION AND COOK TIME: 1 H 45 MIN – DIFFICULTY: MEDIUM – CANNOT BE FROZEN

INGREDIENTS

For the risotto:

- 2 tbsp olive oil
- 2 shallots, finely chopped
- 2 cloves garlic, minced
- 175 g | 1 cup Arborio rice
- 150 ml dry white wine
- 1 l vegetable stock, kept hot on the stove
- 80 ml double cream

- 1/4 small pumpkin, seeded and cut into thin wedges
- salt
- freshly ground black pepper

To serve:

- 3 - 4 tbsp creme fraiche
- 2 - 3 tbsp Parmesan, shredded

PREPARATION METHOD

1. For the risotto: Heat the olive oil in a large saucepan set over a medium heat until hot. Add the shallot, garlic, and a pinch of salt, sweating for 5-6 minutes until softened.
2. Add the rice and cook for 2-3 minutes, stirring frequently, until translucent in appearance. Add the wine, bring to the boil, and then reduce to a simmer for a further 2 minutes.
3. Incorporate the stock by the ladleful, stirring and simmering until the rice has absorbed all the stock before adding the next ladle.
4. Continue in this fashion until the rice has absorbed all the stock and is tender to the bite and creamy; about 25-30 minutes. You may not need to use all the stock.
5. Preheat the oven to 190°C (170° fan) | 375F | gas 5.
6. Once the rice is ready, stir in the double cream and adjust the seasoning to taste. Spoon into an oval baking dish and top with the pumpkin wedges.
7. Bake for about 30-40 minutes until the risotto is browned on top and the pumpkin is tender to the tip of a knife.
8. To serve: Remove from the oven and leave to stand for 5 minutes before serving with dollops of creme fraiche. Shred the Parmesan in mixer and add it on top.