

## RECIPE - Pumpkin and Parmesan Risotto

**P**umpkins are everywhere now, cheap and versatile. There are not many products that can be used to make a starter, main or dessert and still have enough left over to hollow out and pop a candle in for decoration.

Serves 4

Preparation time 15 minutes

Cooking time 40 minutes

### Ingredients

560ml/1 pint vegetable or chicken stock, warm

1 small onion, diced

4 fresh sage leaves, chopped finely

2 tbsp extra virgin olive oil

170g/6oz Arborio (risotto) rice

280g/10oz pumpkin, cut into bite size pieces

50g/2oz butter

Salt and freshly ground black pepper

Parmesan shavings

### Method

1. Heat up a large saucepan, add the oil and fry the pumpkin until soft.

2. Take the cooked pumpkin out of the saucepan and blend half in a processor.

3. Add the onion and sage to the saucepan and fry until soft then add the rice and mix well.



4. Pour the stock over the rice a ladle at a time, allow the rice to soak up the stock before adding another ladle and keep doing so until the rice is cooked.

5. Put the pumpkin into the pan and heat through.

6. Stir in the butter and season with the salt and pepper.

7. Top with the Parmesan and serve with bruschetta

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