

BROAD BEAN AND LEMON RISONI

700 gms fresh or frozen broad beans (AMOUNT DEPENDS ON HARVEST AVAILABILITY)

Salt and pepper

2 tbs butter and a splash oil

2 medium brown onions

400gms risoni

1 litre of vegetable stock

Grated rind and juice of 2 lemons

Grated parmesan

- Take broad beans out of pods and put into a pot of boiling salted water for 3 – 5 minutes or until just tender. Plunge into cold water to cool/ Drain, peel off the outer skin and set aside.
- Heat the butter and oil in a large pot and add the finely diced onions. Cook the onions until pale and transparent. Add the risoni and continue to cook for about 2 minutes.
- Pour in stock a cup at a time and simmer gently, stirring frequently until the rice has absorbed most of it. Keep adding stock in this way until the risoni is tender to bite.
- Add the broad beans, lemon rind and juice and warm through.
- Serve with grated parmesan and a little lemon rind.