

ROAST PUMPKIN AND SAGE RISOTTO

1 butternut pumpkin, diced
2 tablespoon coriander seeds
2 small dried chillies
Sea salt/black pepper
chopped
Olive oil
chopped
1 bunch of sage

2.2 litres stock
2 tablespoons butter
2 tablespoons olive oil
2 large onions, finely
4 cloves garlic, finely
800g risotto rice

Preheat oven to 190 degrees. Place the diced pumpkin in a roasting tin and drizzle with olive oil. Crush the coriander and the chillies in a pestle and mortar and dust this over the pumpkin. Season with salt and pepper. Cook in the oven until soft, about 20 minutes. Sprinkle over the chopped sage leaves and return to the oven for 10 minutes. Heat stock in a large saucepan. In a separate large saucepan, heat the olive oil and butter, add the onions and garlic and fry gently for 10 minutes without colouring. Turn up the heat, add the rice and stir for 1 minute.

Add your first ladle of hot stock and a good pinch of salt. Turn down the heat to a simmer and stir constantly with a wooden spoon. When the stock has been absorbed add another portion of the stock. Keep adding the stock until the rice is soft but still has a slight bite. This will take about 15-20 minutes.

Remove risotto from heat and add a knob of butter, roast pumpkin (half of this can be mashed if desired). Season with salt and pepper if needed. Place a lid on the pan and allow to sit for 2 minutes.