

# Pumpkin, bean and sage risotto



**THIS RISOTTO IS BEST IN AUTUMN WHEN PUMPKIN IS PRIMO. GREENS CAN BE SUBSTITUTED WITH ANY AUTUMNAL VEGETABLE SUCH AS KALE, LEEK, ZUCCHINI, MUSHROOM**

<b>DIFFICULTY</b>	Medium
<b>PREP. TIME</b>	20 mins
<b>COOKING TIME</b>	35 mins
<b>SERVES</b>	4

## INGREDIENTS

½ medium sized pumpkin, peeled and diced  
3 tablespoons of olive oil  
2 litres of vegetable stock  
1 onion finely chopped  
2 garlic cloves finely chopped  
2 cups of beans chopped into 5 cm lengths  
1 1/2 cups of arborio rice  
¼ cup of parmesan cheese  
Salt and pepper for seasoning  
½ cup of sage leaves

## EQUIPMENT

Chopping board  
Knife  
Large heavy based pot, wok or electric fry pan  
Wooden stirring spoon  
Jug or small saucepan for your stock  
Baking tray

## Method

1. Preheat oven to 180 degrees Celsius.
2. Place the peeled and diced pumpkin onto a baking tray. Drizzle with three tablespoons of olive oil and season with salt and pepper.
3. Heat 1 tablespoon of oil and gently fry the onion and garlic until softened.
4. Bring your stock to a simmer in a separate small saucepan or heat and reserve in a jug or pouring vessel that you have close to hand.
5. Stir your rice in to the onion and garlic and cook for a minute or two.
6. Keep adding the hot stock, about a quarter at a time. Make sure that each addition has been absorbed before you add the next.
7. Keep the risotto simmering and stir often.
8. Add the green beans once it has been cooking for approx. 15 minutes.
9. Take out the roasted pumpkin from the oven and add after 20 minutes.
10. It should take 20 – 25 minutes for the stock to be absorbed and for the rice to be cooked but still *al dente*.
11. Keep stirring for another few minutes. Taste and check the consistency of the rice and if the vegetables are cooked.
12. Add salt and pepper to taste.
13. Serve into individual bowls, adding parmesan and sage leaves.





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## Tips

This is a basic risotto recipe that can be substituted with different seasonal vegetables.

It is important that when adding stock that it is maintained at a hot temperature. A good practice is to keep it simmering in a small saucepan nearby to that your risotto continues to cook evenly.

Adding the stock gradually is important. This allows the rice to bump up against each other, creating the creaminess in the risotto. Make sure you wait for all of the stock to absorb before adding more.

Like pasta, our rice should be cooked al dente (just cooked with a little bit of bite to it). If you can mould the risotto into a shape you have cooked it too much and might need to add some more stock. It takes practice to get the right consistency with this dish.

## Fun Facts

Risotto is the most common way of cooking rice in Italy and is considered a staple dish.

