

Source: Recipe from Good Food magazine, October 2004

Sent in by Suzanne Senter

Garlicky pumpkin risotto

Serves 6

Preparation and cooking times

READY IN ABOUT 1½ HRS PLUS COOLING TIME-[Lots of standing by the stove stirring!]

FOR THE PESTO

large bunch basil, leaves and stalks torn

3 garlic cloves, roughly chopped

3.0 tbsp pine nuts , toasted

olive oil

50.0g parmesan, finely grated

FOR THE RISOTTO

6 garlic cloves , peeled

1.4l hot chicken stock

85.0g unsalted butter

400g/14oz piece pumpkin (unpeeled weight), peeled, seeded and cut into 1cm cubes

2.0 tbsp olive oil

1 small onion, finely chopped

400.0g arborio rice

100.0g pecorino , finely grated

50.0g parmesan, finely grated

FOR THE CRISPY SHALLOTS

50.0g shallots, finely chopped

100.0g plain flour , seasoned with salt and pepper

vegetable oil , for shallow frying

Method

Make the pesto. Pulse the basil, garlic and pine nuts in a food processor to a coarse paste, adding enough olive oil to produce a loose-textured purée. Pour into a bowl and fold in the parmesan.

Blanch remaining garlic in boiling water for 3 mins, until slightly softened. Drain, return to the pan with 200ml/7fl oz of the chicken stock and half the butter. Simmer for about 15 mins until the garlic is soft and coated in the syrupy stock. Remove from the heat. You can do this up to 4 hrs in advance.

Heat oven to 200C/fan 180C/gas 6. Toss the pumpkin cubes with the olive oil in a roasting tin, and roast for 10-15 mins until the flesh is just tender.

Make the crispy shallots. Dust them in the flour and shake off excess. Heat 2cm oil in a large pan and fry until light golden brown. Drain and keep warm.

Sweat the onion in the remaining butter in a large shallow pan until soft, about 5 mins. Tip in the rice, raise the heat and toast until translucent. Lower the heat and add the remaining stock a ladleful at a time, stirring well until the stock is completely absorbed before you add the next ladleful.

Once the rice is al dente, fold in the 2 cheeses, garlic cloves and pumpkin and cook for 2 mins. Serve with a drizzle of pesto and the shallots on top.

Note: As there are only 2 of us I reduced all the ingredients except the garlic, which we love, used basmati rice and a mix of Wenslydale Sheep's cheese, Feta and a little Parmesan and used Low Salt Vegetable stock cubes. It turned out fine and was all eaten with no leftovers! The big pale green/grey squashes from Peterley have a gorgeous carrot orange flesh and taste really good.