

COOKING CUISINE

26th October 2022

Pumpkin Risotto

Serves 4

Equipment

- Large dutch oven or heavy based soup pot
- Medium sauce pan
- ladel

Ingredients

- 1 small onion, finely diced
- 200gr pancetta, diced
- 900ml vegetable stock
- 1 cup roast or cooked butternut squash or pumkin, pureed
- 1tbsp thyme
- 150 gr Arborio rice
- ½ cup dry white wine
- 2 tbsp unsalted butter
- 1tbsp honey (optional)
- ¾ cup grated Grana Padano or parmesan
- Crisp pancetta slices and ½ thinly sliced pear for topping (optional)

Directions

- Crisp the pancetta in the dutch oven, stirring occassionally (about 5-7 min).
- Use a slotted spoon to remove pancetta and place on a plate lined with paper towel to drain
- Add the chopped onion to the pancetta fat and sauté for 4-5 minutes until softened.
- Meanwhile, heat the stock in a medium sized sauce pan and bring to a simmer.
- Add the pumpkin puree and whisk. When heated trough, turn off the heat.
- Add the thyme, salt and a little black pepper to the Dutch oven and stir, add the rice and Stir, using a wooden spoon. Toast for 1-2 minutes making sure the grains are coated in the fat, then add the white wine and stir until the liquid has been absorbed.
- Slowly add a few ladels of stock/puree mix to the rice and stir, once absorbed, add another ladel and stir. Continue this step until all the liquid has been used and rice is almost cooked (aprox 20 min)
- Reduce the heat to low.
- Remove srigs of thyme (if used fresh thyme).



- **Stir in the butter, honey (optional) and half the parmesan cheese. When the butter and cheese is melted, divide immediately onto serving plates and serve immediately.**

Optional: Top with crisp pancetta slices and thinly sliced pears. Sprinkle with extra fresh thyme

Grille Endives with lemon

Serves 4

Equipment

- Cast iron griddle pan
- bowl

Ingredients

- 2 endive or radicchio heads
- 1 lemon
- 4 tsp extra virgin olive oil
- 2 tsp chopped nuts or seeds
- 1tsp chopped parsley
- 2 tsp nutritional yeast flakes (optional)



Directions

- Cut the washed endives into quarters lengthwise, keeping the base intact to not separate the leaves from the stem
- In a bowl, mix the oil with the lemon juice, add a pinch of salt and pepper and the nutritional yeast (optional)
- Heat the grill pan and add the endive quarters when hot enough. Top with the nutritional yeast.
- Turn the endives until all sides are evenly grilled.
- Serve the endives warm or cold topped with the oil mix, fresh parsley and chopped nuts or seeds