



Recipe of the Week

BUTTERNUT PUMPKIN & PINE NUT RISOTTO

Ingredients

500g butternut squash, peeled, de-seeded and cut into 3cm cubes
2 tbs olive oil
¼ cup pine nuts
1 litre chicken or vegetable stock
1/3 cup sage leaves
1 onion, finely chopped
2 garlic cloves, crushed
1 ½ cups Arborio rice
½ cup dry white wine
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½ cup finely grated Parmesan
¼ cup mascarpone

Method

1. Pre-heat oven to 200 degrees. Place pumpkin on an oven tray lined with baking paper and drizzle with half the oil.
2. Season and bake for 20 minutes or until golden brown and tender.
3. Scatter pine nuts over pumpkin and bake for a further 2 minutes. Remove from the oven.
4. Meanwhile, bring the stock to a gentle simmer in a pot.
5. Heat remaining oil in a large saucepan.
6. Add sage leaves in batches and fry for 1 minute or until crisp. Transfer to a plate.
7. Add onion and garlic to the pan and fry, stirring, for 5 minutes or until soft.
8. Add rice and stir for 1 minute or until translucent.
9. Add wine and cook, stirring constantly until absorbed.
10. Add a ladleful of stock and stir until absorbed.
11. Continue to add stock, a ladle at a time, stirring and allowing the liquid to absorb before adding the next ladle. Cook for 20 minutes or until the risotto is tender yet firm to the bite.

12. Take off the heat.
13. Add half the pumpkin, lightly crushing it with the back of the spoon.
14. Add the rest of the pumpkin and pine nuts, Parmesan, mascarpone and half the sage
15. Taste and season.
16. Spoon into bowls then top with the remaining sage to serve.

Recipe courtesy NZ Gardener 2016 Garden Diary