

chef PAUL COLLINS



RISOTTO OF CROWN PRINCE PUMPKIN WITH BABY SPINACH & PURSLANE

Makes 2 Generous Portions

Preparation Time 15 mins

Cook Time 20 mins

Ingredients

150g Risotto Rice (Arborio)

50g Shallots

20g Spinach (chopped)

50g Pumpkin Seeds

1 Garlic Clove (chopped)

400ml Stock

50g Parmesan

15g Purslane

100g Pumpkin Puree

2 Tbsp Olive Oil

Pumpkin Puree:

300g Peeled Pumpkin

50g Butter

200ml Water

Method

- Make puree of pumpkin by putting in a pan with the butter and water, cook gently for 10mins until soft then blend to a fine velvety puree. Keep aside.
- Fry the pumpkin seeds in a little olive oil and sea salt until toasted, set aside.
- Fry the shallots gently in the olive oil for 5-10 minutes, add the chopped garlic. Add in the rice and fry gently for a minute.
- Add in the stock a ladle at a time, continuously stirring, to allow the rice to absorb the stock before adding the next ladle of stock. When nearly cooked add in 100g of puree and the shredded spinach, take off the oven and allow to rest for a minute. Stir in a generous knob of butter.
- Finish by serving onto plates and garnishing with the toasted pumpkin seeds, purslane and grated parmesan.