



Broadspear Summer Garden Risotto

 4 SERVINGS

 20 MINUTES

WITH ROCKET & PUMPKIN SEED CRUSHED PESTO

INGREDIENTS:

50g butter
2 shallots, very finely chopped
2 cloves garlic, crushed
300g risotto rice
Juice and zest of 1 lemon
100ml dry white wine
600ml hot chicken or veg stock
200g broad beans
100g fresh peas (or frozen)
1 tbsp fresh mint, finely chopped
2 tbsps crème fraîche
50g fresh parmesan cheese
sea salt & freshly ground black pepper

For the pesto

100g fresh rocket leaves
150ml extra virgin olive oil
50g toasted pumpkin seeds
50g freshly grated parmesan
1 clove of garlic, crushed
sea salt & freshly ground black pepper

METHOD:

Place a large saucepan or casserole dish over a medium heat and add the butter, followed by the shallots and garlic, cover and lower the heat to allow the shallots to soften (but not brown), this will take about three minutes. Then stir in the rice and stir for a couple of minutes. Season with sea salt and freshly ground black pepper.

Pour the white wine, stir and allow the alcohol to evaporate, this should take around three minutes. Slowly pour in the hot stock, ladle by ladle until all the stock is absorbed stirring all the time. It should take between 15 to 20 minutes for the rice to cook, followed by the lemon juice and zest.

Make the rocket and pumpkin seed crushed pesto by placing all the ingredients in a food processor, season with sea salt and freshly ground black pepper. Pulses a few times to make a thick pesto or use a pestle and mortar like I do.

About 5 minutes before the rice is cooked stir in the broad beans, peas and fresh mint and about 1 minute before you serve the risotto stir in the crème fraîche and grated parmesan cheese.

Serve each bowl of risotto with a drizzle of the crushed rocket and pumpkin seed pesto on top.