

# ROAST PUMPKIN RISOTTO WITH FRIZZE

## WHAT YOU'LL NEED

### Ingredients

- 350g pumpkin, peeled and deseeded
- 175g Arborio rice
- 1 shallot, peeled and finely chopped
- 1 clove of garlic, peeled and finely chopped
- 25g butter
- 100 ml white wine
- 700 ml vegetable stock
- 50g mascarpone cheese
- 75g parmesan cheese
- Vegetable oil
- 1 head Frizze lettuce (the centre heart is the best bit)
- 1 lemon juiced
- 1tbsp chives, finely chopped
- 1 bottle pumpkin oil
- Virgin olive oil
- Seasoning

### Equipment

- Deep fryer (optional)
- Hand or jug blender

## WHAT TO DO

1. Preheat the oven to 200C/400F. Preheat deep fryer if required to 180C.
2. Cut the pumpkin into 1 inch large pieces and place onto an oven tray and drizzle with olive oil and seasoning, cover with foil and bake in the oven for 30 minutes until soft. Remove from the oven and blitz to a purée, remove from the blender and place in a bowl.
3. In a heavy-based saucepan over a medium heat, add the butter, shallots and garlic and simmer for 2 minutes without coloring, add the rice and stir well, then add the white wine and half the vegetable stock, bringing to the boil and simmer gently.
4. As the rice absorbs the liquid, keep adding more stock until the rice is just cooked.
5. Add the purée and mix well. At this point it should be like rice pudding in consistency. Add the Parmesan and mascarpone cheeses, finally adding the chopped chives and seasoning to taste.
6. Optional serving extra: deep fry the sage leaves in hot oil for 15 seconds and the remove and place onto kitchen paper to drain.
7. Dress the salad leaves in a little olive oil and the lemon juice to taste, placing the remainder of the lemon juice in the risotto.
8. Serve your risotto topped with the dressed salad leaves and sage leaves



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