

Pumpkin Risotto

Ingredients

1 cup Medium Grain Rice

1/4 pumpkin

1 finely diced Onion

2 or 3 cloves garlic crushed

Olive Oil

Cup and half of chicken stock

1/2 glass white wine

good pinch of salt

ground pepper

Nutmeg

Instructions:

Boil pumpkin until soft, then drain and puree into fine mash.

Gently cook onion and garlic in olive oil on low heat, before adding in the rice, and stirring until all the rice is covered in thin film of oil. Slowly add chicken stock and wine, small bits at a time and reduce until the rice is mostly cooked, then stir in the pumpkin. Add nutmeg, and pepper to taste.