



Roast Pumpkin Risotto



DIFFICULTY: EASY



PREPARATION TIME: 10



COOKING TIME: 25 MINUTES



SERVES: 4

Ingredients

300 g butternut pumpkin
¼ bunch thyme, remove the leaves from the stems
20 g honey
25 ml olive oil
Salt and pepper
200 g Arborio rice
600 ml water or vegetable Stock
1 onion, finely chopped
3 cloves garlic, finely chopped
50 g salted butter, diced
50 g grated parmesan

Method

Peel and deseed the pumpkin. Cut 200 g into 2cm cubes and grate the remaining 100 g, set aside grated pumpkin.

Place the cubed pumpkin into a medium mixing bowl with half of the thyme, honey, olive oil, salt and pepper and mix until well combined. Line the universal enamel tray with baking paper and top with pumpkin. Place tray in the oven on shelf level 3. Turn oven on to CircoRoast at 180°C and cook pumpkin for 30 minutes.

Put the rice, grated pumpkin, onion, garlic water or stock and remaining thyme in the small non-perforated stainless steel tray. Place the tray in oven and select Full Steam 100°C. Cook risotto for 25 minutes.

Remove the risotto from the oven then add the parmesan, butter and roasted pumpkin. Stir until all ingredients are combined, check for seasoning and serve.

Notes

At the end of the cooking time the risotto should be quite moist. The rice will continue to absorb moisture and the addition of the parmesan and butter will make it creamy. Risotto can be cooked in an oven proof ceramic dish suitable for serving at the table.

This recipe is prepared with NEFF's CircoRoast® and Full Steam.

We use Australian tablespoons and cups: 1 teaspoon equals 5 ml; 1 tablespoon equals 20 ml; 1 cup equals 250 ml. | All herbs are fresh (unless specified) and cups are lightly packed. | All vegetables are medium size and peeled, unless specified. | All eggs are 55–60 g, unless specified.