

Garsons

Growing since 1871

Creamy Squash Risotto



Creamy parmesan risotto with cannellini beans and **roasted squash**, served with rocket and fresh bread to make a **delicious autumn meal**.





Ingredients - Serves 6

400g Arborio Risotto rice

1 tbsp olive oil

1 medium red onion

1 garlic clove, finely chopped

150ml white wine

1 litre vegetable or meat stock

100g butter

85g parmesan cheese

200g Cannellini beans

1 squash (butternut pictured above)

1 tsp ground coriander

handful of fresh herbs, finely chopped
e.g. sage and thyme, salt and pepper.

1 tbsp olive oil.

Pre-heat oven to 200 °C

Crusty bread, rocket and toasted pine nuts to serve.

Cooking Instructions

ROAST SQUASH

1. Halve, de-seed and chop the squash into chunks.
2. In a bowl mix the olive oil, dried and fresh herbs, salt and pepper.
3. Toss the squash in the olive oil mixture, ensuring it is evenly coated.
4. Place in a roasting dish, in a single layer, and cook for 30 minutes at 200 °C.

RISOTTO

1. Heat the stock.
2. In a frying pan cook the onion for 3 minutes, then add the garlic and cook for a further 2 minutes.
3. Add the rice and, whilst stirring continuously, cook for 3 minutes.
4. Pour in the white wine and stir until it is absorbed.
5. Add the stock gradually, a little at a time, simmering for 15 - 20 minutes.
6. Add salt and pepper to taste, continue to stir until rice is cooked.
7. Remove from heat, stir in the cannellini beans, butter and parmesan.
8. Serve with roasted squash, warm crusty bread, toasted pine nuts and rocket.



SQUASH SEASON

Garsons **Pick Your Own Farm** grows the following squash varieties: Hunter, Confection, Harlequin, Sweet Lightning, Turks Turban, Table Star, Sunspot and Cha-Cha. This enables a picking season lasting from **August to October**.

All items are subject to availability

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