

Less than 45 minutes

Serves 4

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Ingredients:

- 2 Tbsp (30ml) canola oil
- 2 slices crusty bread, torn into chunks
- 2 sprigs fresh or 1 tsp (5ml) dried rosemary
- 1 medium (about 700g) pumpkin, sliced
- Salt and milled pepper
- 2 onions, chopped
- 2 cloves garlic, chopped
- $\frac{3}{4}$ cup (180ml) risotto or arborio rice
- $1\frac{1}{4}$ cups (310ml) barley
- Grating or a pinch nutmeg
- $\frac{1}{2}$ tsp (3ml) ground cinnamon
- 6 cups (1.5L) vegetable stock
- A few pumpkin seeds, for serving (optional)

Method:

1. Heat 1 tsp (5ml) oil in a pan and toast bread and rosemary until fragrant.
2. Place bread and rosemary in a food processor and blitz to a fine crumb. Set aside.
3. Preheat oven to 190°C.
4. Place pumpkin on a baking tray, drizzle with 1 Tbsp (15ml) oil and season.
5. Roast for 20-25 minutes or until golden and cooked through. Set aside.
6. Heat remaining oil in a pot and sauté onion until soft and translucent.
7. Add garlic and fry for another minute.
8. Stir in rice, barley and spices and fry for a minute. Season.
9. Cook over low heat and add stock, a ladle at a time, while stirring continuously and waiting until stock is absorbed before the next ladleful.
10. Continue until all the stock has been added.

11. Stir in half the pumpkin and adjust seasoning.
12. Serve risotto topped with remaining pumpkin, rosemary crumbs and pumpkin seeds, if you like.