

# CROWN PRINCE SQUASH & PARMESAN RISOTTO Serves 4

## INGREDIENTS

1-2 squashes	8 tbsp rapeseed or vegetable oil
2 small onion, finely chopped	3 tsp smoked paprika
2 celery sticks, finely chopped	2 bay leaves
4 garlic cloves, crushed	Fresh thyme leaves
280g risotto rice (Arborio preferably)	200ml white wine
100g unsalted butter	200ml vegetable stock
100g parmesan (or vegetarian alternative), grated	
Selection of kale, sage and thyme leaves	

## METHOD

1. Pre-heat oven to 180c.
2. Peel & chop the slender end of the squash into 2cm cubes, toss in half the oil and paprika, season lightly and roast in the oven for 15 minutes until golden brown on the outside and soft in the centre. Then cut the remaining squash in half, remove the seeds & chop the flesh into 2cm pieces.
3. Warm the stock in a small pan set over a low heat. Add the squash and leave poach, once soft crush with the back of a spoon.
4. While the squash is roasting, gently heat a pan and add the remaining oil, half the butter and onion. Cover and cook until the onion turns translucent. Stir in the celery, garlic, herbs and season. Cover again and cook for a further 2 mins. Increase the heat slightly and stir in the rice. Stir, uncovered, for 5 mins.
5. Whilst the risotto is cooking, heat a small pan and shallow fry the kale, sage and thyme leaves until they are crispy. Remove and drain on kitchen paper and season with sea salt.
6. Turn up the heat on the risotto. Stir in the wine and let it reduce by half. Reduce the heat and start adding the stock. One ladle at a time, stirring gently. The idea is to help the rice to absorb the liquid and soften, but also give up its starch to thicken the remaining broth.
7. Remove the risotto from the heat and add the remaining butter, poached squash and most of the Parmesan. Cover and leave to rest for 2 mins. Spoon the risotto into shallow bowls and sprinkle the roasted squash and leftover Parmesan on top.

