

Risotto con zucca e arancia

Risotto with pumpkin, orange and rosemary oil

Ingredients for 4 people

350 g prepared pumpkin cut into small cubes.

1 garlic clove peel and chop.

Fry the pumpkin cubes gently in

3 tbsp olive oil and add the garlic, then deglaze with

3 tbsp white wine season with

Salt, peperoncino, pepper and sweat a little, perhaps adding some stock already, and cover while they sweat

230 g risotto rice add, stir, crush the pumpkin cubes a little and deglaze with

0.5 dl white wine again.

About 9 dl hot stock add gradually, stirring as you go.

After 8 – 9 minutes set the still very grainy risotto aside uncovered and cover it with stock.

That way it is prepared and you can finish cooking it later.

To finish:

Heat the risotto and cook it through, adding more stock until it has the consistency you like.

Depending on taste the rice is still slightly al dente, but it must in any case be on the «soupy» side. If it is seasoned enough but still too dry, simply pour in some hot water.

Right at the end:

The zest of a whole orange and
the juice of half of it

go in; season with pepper.

When serving, drizzle a little rosemary oil over it:

½ tbsp finely chopped rosemary with

5 tbsp best olive oil mixed.



VERONICA'S TIP:

I particularly like this pumpkin recipe because the acidity of the orange livens up the flavour, and the rosemary oil gives the risotto another fresh, southern touch. If you have no rosemary on the balcony, try a hint of the Herbaria spice blend «Duft der Macchia» with it.