

Honey-Baked Pumpkin Risotto (HotMixPro)

Ingredients

- Pumpkin - 1kg (approx), peeled, cut into 1cm cubes (I use butternut)
- ginger – 2cm piece, peeled
- onion, peeled and quartered
- celery - 2 stalks, washed and quartered
- flat-leaf parsley - 15g (1/2 cup) chopped, plus extra to garnish
- arborio rice - 220g
- white wine - 160g
- water - 600g
- vegetable stock concentrate - 30g (1 tbsp)
- lemon juice - 15g (1.5 tablespoons of juice)
- olive oil - 40g
- honey (small amount for drizzling - equiv. 1 tbsp or so)
- mascarpone (or softened cream cheese) - 2 tbsp - plus extra to serve
- salt and pepper

Cooking

- heat the oven to 220°C.
- chop pumpkin into 1cm cubes
- place chopped pumpkin in an even layer on an oiled large baking tray (I spray it with olive oil)
- spray pumpkin with oil
- Season with salt and pepper

Cook:

- 15 minutes

Remove:

- drizzle with honey, tossing well to coat each piece.

Cook:

- 15 minutes (until cooked and golden)

Start cooking the risotto in the HotMixPro whilst the pumpkin is baking.

Add:

- parsley

Process:

- 10 seconds
- speed 7

Add:

- ginger

Process:

- 10 seconds
- Speed 7

Add:

- onion
- celery

Process:

- 10 seconds
- Speed 5

Scrape down bowl

Add:

- oil

Process:

- 4 minutes
- 100 degrees
- Speed 1

Add:

- rice
- wine

Process:

- 1 minute
- 100 degrees
- speed 1

Add:

- stock concentrate
- water

Process:

- 16 minutes
- 100 degrees
- Speed 1

Tip risotto into insulated bowl and stir in lemon juice, pumpkin, parsley, marscapone and salt and pepper.

Rest for 10 minutes.

Source (for TMX): <http://fulllittletummies.blogspot.com.au/2011/03/filling-tummies-with-honey-baked.html>