

# LIFE'S KITCHEN

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A LOVE OF FOOD &  
A SENSE OF OCCASION

## RECIPE OF THE MONTH - SEPTEMBER 2019

### BUTTERNUT, SAGE AND GOATS CHEESE RISOTTO

Serves 2

It's Autumn and there is some great produce available, here is a lovely risotto using the very versatile butternut squash



### INGREDIENTS

1 x Banana Shallot  
1 x Garlic Clove  
100 ml white wine  
150g Risotto Rice  
4 x leaves of sage finely chopped  
300 ml Vegetable Stock  
200g Butternut Squash  
100g Goats Cheese  
1x bunch Rocket leaves  
50g Butter  
Salt and Pepper  
Olive oil

### METHOD

Small dice the shallot and chop the garlic, leave to one side. Remove the skin from the butternut squash, dice then season with Salt and pepper and olive oil then roast in oven for 10 mins at 180°c. Dice the goat's cheese and butter.

Add olive oil to a sauce pan on a med/high heat, sweat the onions and garlic. Then add the rice, stir for two minutes until rice becomes transparent.

Then add white wine, reduce heat to pan and stir rice until wine is absorbed, and then add hot veg stock a ladle at a time until rice is cooked.

Stirring all the time so rice doesn't stick to the pan, when cooked add Butternut, Sage, Goat's cheese and butter and season to taste.

To serve:

Serve in a large bowl garnished with the rocket leaves and a drizzle of olive oil. Enjoy!