

Kitchen Garden at Collingwood College –Term 2, 2018

**Name of Recipe; Risotto of our Pumpkin, Peas, Chard, Spinach and Herbs (Vegan)**

**Volunteer Notes:** Cooking time 20mins, from when the stock begins to be added.

Vegetable stock will be done for you.

What to collect	What to do
1 thick-based pot Wooden spoon 4 tlbasp x.v. Olive oil 1 x brown onion, finely cut 2 x celery stalks, diced finely 1 garlic clove chopped 8 thyme sprigs 4 bay leaves	Measure & Prepare onion, celery, garlic, thyme, oil. In a pot, sauté the cut onion, celery in the oil with the garlic, thyme & bay leaf.
350 gm Arborio rice Pot of 2lt vegetable stock HOT or	Add the rice. Keep stirring 3 mins; until translucent, add just enough vegetable stock to just cover mix (4 ladles), turn down the heat to low, then stir until all stock is evaporated. Repeat. Continue to add the stock 2-3 ladles at a time. Do this until rice is almost cooked through.
500 gm pumpkin –grated Graters	Grate the pumpkin & add to the rice –half-way thru cooking.
6-8 x Picked, washed and finely sliced Chard, spinach leaves, Kale- washed/rolled and sliced thinly Salt/pepper 1 cup peas	Add the sliced leaves, taste for salt & pepper as well. Add the peas. Turn off the rice and let rest with a lid on top for 5 mins until ready to serve. Check the rice is cooked. If it is too thick, gently fold in some more stock.
3 x Serving bowls & spoons	