

Pressured cooked Roast pumpkin and green pea risotto

Served with lamb shanks

Recipe by Chef Dale Sniffen

Preparation time: 10 minutes
Pressured cooked: 6 minutes @ full pressure
Oven temp: 20 minutes @ 220c for roasted pumpkin
Pressure release: Water method

Prep list

3 tbsp olive oil
2 cups Arborio rice
1.4 L lamb shank stock "simmering"
500gm pre roasted Jap pumpkin pieces
100gm fresh or frozen peas
150gm Grated Parmesan cheese
½ cup chopped Italian Parsley

Gently stir in all the rice with olive oil until rice is well coated, about 2 minutes on low heat. Stir in all the stock and bring it to the boil, stirring as you go! Lock up pressure cooker to full pressure (**medium heat**) then back off the heat to low. Cook for 6 minutes **then remove heat** and cook risotto for 15 minutes, yes with out heat! Release pressure using water method, toss in roasted pumpkin, peas cheese and Italian parsley. Serve with Lamb or Veal shanks.