



Broccoli and Almond Risotto

PREPARATION TIME: 5 minutes

COOKING TIME: about
35 minutes

SERVES: 4 people

1 medium onion, finely chopped
30ml (2 tbs) olive oil
175g (6oz) brown or wild rice
750ml (1¼ pint) chicken stock
Salt and freshly ground black pepper
to taste
30ml (2 tbs) chopped, toasted
almonds

450g (1lb) broccoli, divided into
small florets
50g (2oz) grated Parmesan cheese

Garnish

Lightly toasted flaked almonds

Fry the onion gently in the olive oil for 3 minutes. Add the rice and stir over the heat for 1 minute, until the rice is evenly coated with oil. Gradually stir in the chicken stock. Bring to the boil and add salt and pepper to taste and the chopped almonds; cover and simmer for 20 minutes. Add the florets of broccoli; cover and simmer for a further 8 minutes, until all the stock has been absorbed. Stir in the Parmesan cheese and spoon into a serving dish; sprinkle with the toasted almonds and serve piping hot.

Parsnip, Orange and Ginger Puree

PREPARATION TIME: 15-20
minutes

COOKING TIME: about
25 minutes

SERVES: 4 people

750g (1½lb) parsnips, peeled and
roughly chopped
2 thin strips orange peel
Salt and freshly ground black pepper
to taste
25g (1oz) butter
2 egg yolks
Generous pinch ground ginger
Finely grated rind of ½ orange
15ml (1 tbs) chopped preserved
stem ginger

Garnish

Finely chopped parsley
Peeled segments of orange

Put the parsnips into a pan with the strips of orange peel, salt and pepper to taste, and sufficient water to just cover. Bring to the boil and simmer, covered, until the parsnips are just tender. Drain very thoroughly, removing the strips of orange peel. Mash the cooked parsnips and return to a clean pan; stir over a gentle heat to 'dry' the parsnip puree. Beat in the butter, egg yolks, grated orange rind, salt and pepper to taste and the chopped stem ginger. Heat through and spoon into a serving dish. Garnish with chopped parsley and orange segments, and serve the puree piping hot.

