

COOKING IDEAS



TOM'S PUMPKIN RISOTTO

Ingredients

Serves
6

- 500g pumpkin (or one medium size pumpkin) peeled, de-seeded and chopped into small cubes
- 50g butter
- 2 tablespoons honey
- A good pinch of salt
- 12 turns of milled pepper
- 4 shallots peeled and diced finely
- 5 cloves of garlic finely chopped
- 2 bay leaves
- A splash of olive oil
- 1 glass of white wine or water
- 350g risotto rice



- 1 litre chicken or vegetable stock
- 50g grated parmesan
- 3 tablespoons of crème fraiche
- 12 sliced sage leaves
- A large handful of toasted pine nuts (optional)
- Half a lemon



Equipment

- 2 x large saucepans
- 1 x small saucepan
- 1 x frying pan
- 1 x chopping board
- 1 x sharp knife
- 1 x potato peeler
- 1 x cheese grater
- 1 x ladle

Method

- Place a large saucepan onto a medium heat then add the butter. Once it has melted add the cubed pumpkin, salt and pepper and cover with a lid. Cook it slowly on a low heat so it sweats well for 5-8 minutes.
- Pour the stock into a small saucepan and slowly heat, until warm but not boiling.
- Remove the lid from the pumpkin and add the honey and 1/2 the sliced sage. Cover and cook for 5 more minutes. Turn off the heat and leave in the pan.
- In the other large saucepan, sweat off the shallots, garlic and bay leaves on a low heat in a little olive oil. Do not allow to go brown.
- Add the risotto rice and cook for 2 minutes stirring all the time so the grains soak up any excess oil.
- Add the white wine or water and cook until absorbed, stirring all the time. This will take a couple of minutes. Slowly add the warm stock to the rice ladle by ladle stirring every minute or so. This takes around 15 minutes, until the rice is almost cooked. Add the cooked pumpkin to the rice and stir in.
- Add the crème fraiche, parmesan, remaining sage, toasted pine kernels and a squeeze of lemon juice.
- Taste and re-season, then leave to rest for a minute before serving.

Cook's Code

"Sweat" means to cook slowly over a low-medium heat with the saucepan lid on so that the shallots and garlic go soft and transparent, not crispy and brown.

"Toasting" pine nuts makes them crunchy and brings out the flavour. Simply put the nuts into a frying pan (no oil) and heat them on a medium heat, turning often for 2-3 minutes until golden brown. Be careful not to burn them!



**ST MARY'S RC
PRIMARY'S
REVIEW**

"The sauce is so yummy. In fact it's a bit delicious! Parmesan is from Italy and it was fun to grate."

TOM'S CHOCOLATE MOUSSE



Ingredients

Serves
6

- 2/3rds of a pint of milk (full fat)
- 6 egg yolks
- 60g caster sugar
- 450g milk chocolate, broken into small squares
- 1 pint of double cream
- 3 leaves (3g) of gelatine



Equipment

- **2 x saucepans**
- **2 x large mixing bowls**
- **1 x whisk**

Method

- Soak the gelatine leaves in a bowl of cold water for 3-5 minutes or until they are soft.
- Melt the broken chocolate in a glass mixing bowl over a pan of simmering water. Make sure your glass bowl is large enough to rest on the saucepan and doesn't let the water in!
- Gently warm the milk in another pan (but do not boil) for a few minutes.
- Whisk the egg yolks with the caster sugar in a bowl till creamed and pale.
- Add the warm milk slowly to the eggs/sugar, whisking all the time, then return to the pan and slowly heat on a low/medium heat until it thickens. Do this slowly to make sure it doesn't "split".
- Take off the heat, add the melted chocolate and soaked gelatine leaves and stir well.



- Put the chocolate mixture into the fridge and leave to cool for 15-20 minutes. Meanwhile, whip the double cream until it has thickened, but is still runny – you don't want it to be too stiff.
- Once the chocolate mixture is nearly set, remove from the fridge and add slowly fold in the cream.
- You now have your mousse! Pour into small dessert bowls, glasses or ramekins and leave in the fridge for at least an hour to set. Tuck in!

Cook's Code

Gelatine makes sauces thicken and is sold as either leaves or powder. Soaking it in cold water helps soften it so that it will dissolve smoothly when heated or added to a hot sauce. Carrageen is the vegetarian equivalent of gelatine.

'Splitting' is the term given to a sauce that separates and can look a bit like scrambled eggs. Cooling the mixture down can sometimes bring it back (for custard) but if it's really split, you will have to start again!



BATTERSEA PARK SCHOOL'S REVIEW

"Scrumptious! This is a chocolate sensation – no-one can beat it!"



**SCHOOL
FOOD
MATTERS**

COOKING IDEAS

020 8392 5055
Charity Number 1134094
info@schoolfoodmatters.com

