

Autumn pearl barley risotto | Serves 2

This hearty risotto can be made with all sorts of different vegetables and is a great way to use up the flesh from your Halloween pumpkin carvings. Rather than using rice, our chef has used pearl barley. This is a grain which has had its outmost layer of bran removed giving the round shiny grains a pearlescent white colour. It's packed with nutritional goodness and cooks way faster than other types of barley which is great when you are short of time.

Ingredients

- 15g Guernsey butter

400g pearl barley

2 large white onions (peeled and diced)

1 celery stalk (finely chopped)

½ small pumpkin (diced)

1 leek (finely chopped)

1 bay leaf
- 1lt vegetable stock

50ml white wine

30g vegan feta

20g rocket

2 Chicken thighs (optional)

Method

1. Heat butter in a pan then add onion, carrot, celery, pumpkin and leek. Sauté vegetables for 10 minutes.

2. Add vegetable stock, pearl barley, white wine and bay leaf. Simmer for 20-25 minutes stirring regularly.
3. Serve into bowl, add rocket and crumb vegan feta over top to finish.

4. If using, marinate chicken thighs with some fresh thyme, the zest of a lemon, cajun spices, salt and pepper and cook in oven at 200 °C for 20-25 minutes. Serve on top of the risotto.



Prepared by
Tarquin Blake, Imperial

Chef's tip

Don't waste your petrifying pumpkins, you can use the flesh to make soups, curries or freeze for another time and the seeds are delicious when roasted.



October

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1 <div><div>SAVE UP TO £70 A MONTH!</div><div>Whatever food you love we can help you waste less. Visit lovefoodhatewaste.gg</div></div> <div></div>		3	4	5	6	7
8 <div></div>	9	10	11	12	13	14
15 <div></div>	16	17	18	19	20	21
22 <div></div>	23	24	25	26	27	28
29 <div></div>	30	31 <div>Halloween</div>				

Handy tip

Don't waste wine! Rather than let the end of a bottle of wine hang around only to go sour, pour into an ice cube tray and freeze ready to use in stews, gravies and risottos.

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