



Courgette and Broad Bean Risotto with Shavings of Little Hereford Sage Cheese

This recipe will serve 3 as a starter and 2 as a main course

½ finely diced onion

25g good quality salted butter

150g Arborio rice

Good 500ml chicken stock

½ glass dry white wine

Seasoning

125g shelled broad beans – the smaller the better

1 medium size washed courgette – topped and tailed

1 tbs crème fraiche

75g grated Little Hereford Sage Cheese + a little extra (Monkland Cheese Dairy)

- Bring the chicken stock and wine to the boil in a saucepan and keep gently simmering all the time
- In a heavy bottomed saucepan gently melt the butter and add the onion, cook gently until the onion is translucent
- Add the rice to the onion mixture, stir all the time until the rice is well coated with butter
- Pour onto the rice sufficient hot stock to cover ½ inch, stir and gently simmer until almost all the stock is absorbed. Stir well from time to time. Repeat the process until the rice is just slightly crunchy. About 15 mins. Add the broad beans for 2-3 mins.
- Take the pan off the heat and add the crème fraiche
- Grate the courgette and add this with the cheese to the rice. Gently stir over a low heat for 2 mins. You may need to add a little more stock at this stage; the risotto needs to be moist and creamy.
- Serve immediately with the extra cheese scattered on the top.