



## Walnut & stilton orzotto with roasted squash & Port sauce

READY IN



160 min.

SERVINGS



6

CALORIES



538 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 100 g walnut halves
- ☐ 500 ml vegetable stock
- ☐ 1 tsp unrefined sunflower oil
- ☐ 25 g butter unsalted plus a knob extra
- ☐ 1.5 banana shallots finely chopped
- ☐ 1 garlic clove finely chopped
- ☐ 100 g pearl barley
- ☐ 125 ml champagne

- ☐ 85 g coarsely stilton cheese cubed
- ☐ 0.5 banana shallots finely chopped
- ☐ 1 tbsp unrefined sunflower oil
- ☐ 4 juniper berries crushed
- ☐ 1 stick cm cinnamon broken in half
- ☐ 2 star anise
- ☐ 5 cloves
- ☐ 1 cardamom pod green black
- ☐ 1 pinch nutmeg grated
- ☐ 200 ml vegetable stock
- ☐ 300 ml tawny port
- ☐ 1 tbsp redcurrant jelly
- ☐ 25 g butter unsalted
- ☐ 25 g butter
- ☐ 1 small butternut squash peeled deseeded cut into 1cm dice
- ☐ 25 g walnut halves
- ☐ 1 pinch ground cinnamon
- ☐ 1 tsp muscovado sugar light
- ☐ 1 small watercress leaves

## Equipment

- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ sieve
- ☐ blender

## Directions

- ☐ Soak the 100g walnuts in water overnight. Strain through a sieve, put in a pan and cover with 300ml water. Bring to the boil, then simmer for 15 mins. Strain again, return to the pan with the stock and bring to the boil.
- ☐ Pour into a blender, blend on medium for 5 mins, then strain back into the pan. Set aside until step
- ☐ Make the sauce: soften the shallot in the oil over a gentle heat for 10 mins. Stir in the spices and stock, increase the heat and reduce by three-quarters.
- ☐ Pour in the Port and gently simmer for 20 mins. Strain into a clean pan and reduce over a high heat until thickened, about 10 mins. Set aside.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ For the squash, heat the butter in an ovenproof pan. Fry the squash for 3–4 mins, then stir in the walnuts with the cinnamon, sugar and a pinch of salt. Roast for 15–20 mins or until tender. Keep warm.
- ☐ Meanwhile, make the orzotto. Warm the walnut stock.
- ☐ Heat the oil and 25g butter in a large, deep pan, add the shallots and soften for 10 mins, but don't colour. Stir in the garlic and cook 3–4 mins more.
- ☐ Remove from the pan, set aside, then wipe the pan clean. Increase the heat, tip in the barley and toast for 2–3 mins, keeping it moving so it doesn't burn. Quickly stir the shallots and garlic back into the pan with the barley, then pour in the Champagne. Stir well and add a ladleful of warm walnut stock. Lower the heat a little and keep adding stock when the orzotto looks thirsty, stirring occasionally to prevent it from sticking to the pan. (You'll need about 500ml stock in total. Make up the amount with vegetable stock if necessary.) Cook until the barley is tender 35–40 mins (you have a lot more grace with this than with rice, as it retains its bite for longer).
- ☐ When cooked, add another half ladle of stock (to stop the orzotto from thickening as it cools), then stir in the stilton and a knob of butter. Stir and season, remembering stilton can be very salty.
- ☐ To serve, reheat the sauce, adding a little more Port if it is too thick, then stir in the redcurrant jelly until dissolved and finish with the butter. Spoon some sauce over each plate and top with a few spoonfuls of orzotto.
- ☐ Garnish with the roasted squash and walnut halves, a few small pieces of stilton and leaves.

## Nutrition Facts



 **PROTEIN 7.76%**  **FAT 56.37%**  **CARBS 35.87%**

Properties

Glycemic Index:79, Glycemic Load:2.73, Inflammation Score:-10, Nutrition Score:22.55521763926%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Petunidin: 3.36mg, Petunidin: 3.36mg, Petunidin: 3.36mg, Petunidin: 3.36mg Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg Malvidin: 48.1mg, Malvidin: 48.1mg, Malvidin: 48.1mg, Malvidin: 48.1mg Peonidin: 1.99mg, Peonidin: 1.99mg, Peonidin: 1.99mg, Peonidin: 1.99mg Catechin: 5mg, Catechin: 5mg, Catechin: 5mg, Catechin: 5mg Epicatechin: 3.83mg, Epicatechin: 3.83mg, Epicatechin: 3.83mg, Epicatechin: 3.83mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 538.45kcal (26.92%), Fat: 31.38g (48.27%), Saturated Fat: 10.78g (67.36%), Carbohydrates: 44.93g (14.98%), Net Carbohydrates: 37.56g (13.66%), Sugar: 11.54g (12.82%), Cholesterol: 37.5mg (12.5%), Sodium: 670.13mg (29.14%), Alcohol: 9.09g (100%), Alcohol %: 2.92% (100%), Protein: 9.72g (19.44%), Vitamin A: 13971.62IU (279.43%), Manganese: 1.59mg (79.73%), Vitamin C: 27.88mg (33.79%), Fiber: 7.37g (29.48%), Copper: 0.54mg (27.23%), Magnesium: 103.26mg (25.82%), Vitamin E: 3.58mg (23.86%), Phosphorus: 225.18mg (22.52%), Potassium: 729.9mg (20.85%), Vitamin B6: 0.42mg (20.83%), Calcium: 185.24mg (18.52%), Folate: 67.16µg (16.79%), Vitamin B1: 0.25mg (16.75%), Selenium: 10.7µg (15.29%), Vitamin B3: 2.83mg (14.14%), Iron: 2.52mg (14.02%), Zinc: 1.73mg (11.53%), Vitamin B5: 0.98mg (9.75%), Vitamin B2: 0.15mg (8.94%), Vitamin K: 4.61µg (4.39%), Vitamin B12: 0.19µg (3.23%), Vitamin D: 0.2µg (1.31%)