



Pumpkin and Carrot Barley Risotto (OP W)

Serving: 1

Veg

Ingredients

- - Half cup pearl barley
- - Half cup chopped pumpkin
- -Half carrots
- -1-2 Garlic pearls
- -Half Onion
- -Half chilly
- -Pinch black pepper
- -Few drops of lime
- -Salt as required
- -A pinch of saffron
- -1 tsp Olive oil
- - Basil leaves to garnish
- -Water about 2 cups

Preparation Method

- 1. Rinse and soak pearl barley for 1-2 hours or overnight.
- 2. add 2 cups of water in a vessel and bring it to a boil ,add saffron in to it and take it off the heat.
- 3. Peel pumpkin and carrot and dice in fine cubes. Peel and finely chop onion and garlic.
- 4. Heat 1 tsp. oil in a pan and add diced pumpkin,carrots,Onion,cover the lid and cook until soft.
- 5. Put cooked pumpkin and carrot in to a food processor and make fine puree.
- 6. Heat 1 tsp oil in the same pan and add finely chopped garlic, sliced green chilly and saute for a few seconds.
- 7. Add soaked barley in to the pan and let it cook on medium heat. the barley pearls will turn glossy in a few minutes.
- 8. Add a ladle of warm saffron water in to the pan and let it simmer. Keep adding more water and stirring till the barley become tender but still have a bite in the center.
- 9. . Add pumpkin and carrot puree ,crushed black pepper,salt,lemon juice in the pan, Combine well and cook it for 2 more minutes.
- 10. Do not cover overcook barley as it will release too much starch and make the risotto soggy and loose its texture.
- 11. Remove the pan from heat and serve the barley risotto.