



EYCKZIMMER

CRAYFISH RISOTTO WITH SQUASH AND ROCKET

Ingredients (SERVES 4)

40 Cooked Crayfish tails (10 tails per portion) -
200g risotto rice (Vialone Nano or Carnaroli)
50ml olive oil
1 bay leaf
1 white onions
2 garlic cloves chopped
100ml white wine
500ml chicken stock
200g butternut squash, diced
100g peas (if out of season use frozen)
50g rocket leaves, chopped
80g Parmesan, grated
80g butter, chopped
Salt and pepper to season

Method

- Pre-heat oven to 180C. Heat 3 tbsp olive oil in a roasting tray and leave to heat in oven for ten minutes. Add the diced butternut squash to the tin and roast for 20 minutes, or until golden
- In a pan with rapidly boiling salted water, cook the crayfish tails for 1 minute and refresh in ice water then peel and set aside
- In a large frying pan sweat off the diced onions and the chopped garlic in the olive oil to soften but do not brown.
- Add the risotto rice and sweat for a further minute
- Add the white wine and reduce completely so there is no visible liquid left in the pan
- Add the bay leaf. Then add the boiling chicken stock little by little cook until the rice is al dente (a little resistance in the rice when you bite into it) this should take approx. 13-15 minutes
- Fold the crayfish tails, the lightly roasted squash, peas and the rocket leaves into the rice
- Whisk in the cold butter and the parmesan and serve immediately

To serve

- Adjust seasoning and arrange the risotto in a bowl plate.
- Place the crayfish on top and serve with extra rocket leaves as garnish if desired.