

## Courgette and lemon risotto



Courgette and lemon risotto Photo: Jason Lowe

By Jojo Tulloh. Food photographs by Jason Lowe

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### **Serves 4**

3 tbsp butter (75g)

1 clove of garlic, peeled and roughly crushed

600g courgettes and/or summer squash (topped, tailed and diced)

10-15 courgette flowers (wiped clean, green sepals and stamens removed)

1 tbsp olive oil

1 litre chicken stock

1 onion

300g risotto rice

The juice and grated zest of  $\frac{1}{2}$  a lemon (keep separate)

4 tbsp crème fraîche

125g freshly grated Parmesan

Approx 2 tbsp finely chopped basil

In a heavy frying-pan heat two tablespoons of the butter along with the clove of garlic. When the butter has melted, fry the courgettes/squash over a medium heat. When they have browned a little and are tender but with bite, remove and set aside. Slice the courgette flowers into ribbons (reserve two tablespoons for the garnish).

In a heavy-based saucepan gently heat the remaining tablespoon of butter and the olive oil. In another pan heat the stock so that it is barely simmering. Sweat the onion very gently in the butter and oil until soft (about 15 minutes). Add the rice and stir for one minute so that every grain is coated. Add a couple of ladlefuls of stock and stir well. After a couple of minutes the rice will have absorbed the stock, then add more gradually. After 10 minutes add the lemon zest, the courgette and the sliced flowers. Continue cooking for another 10 minutes until you have used up the stock and the rice is cooked but retains some bite.

While the rice is cooking, beat the lemon juice with the crème fraîche and the Parmesan. When the risotto is cooked, take it off the heat and add this mixture. Stir well, letting the flavours mingle before seasoning with lots of black pepper and a little sea salt (the Parmesan is quite salty). Stir in the basil, keeping the odd leaf to sprinkle on top with the courgette flowers you have saved. Serve with a dish of grated Parmesan.

**Hamish Anderson's wine choice** 2008 Tasmania Sauvignon Blanc, Tamar Ridge, Tasmania, Australia £7.99, Marks & Spencer.

This risotto is bursting with fresh flavours: basil, lemon and courgette flowers. M&S has secured a stunner from this brilliant estate – full of citrus fruits and gooseberries, finishing with an Old World, herbal twist.

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'Freshly Picked: Kitchen Garden Cooking in the City' by Jojo Tulloh (Chatto & Windus) is available from Telegraph Books for £18 plus £1.25 p&p (0844-871 1515; [books.telegraph.co.uk](http://books.telegraph.co.uk) )

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