

Pinhead Oat Risotto (serves 2)

Like the barley risotto, oats can also be a good alternative to rice in this dish. This recipe was developed by Chris Young of the Handmade Oatcake Company and won him the title of Best Speciality Porridge at the 21st Golden Spurtle awards in 2014. This is a delicious oatmeal risotto which can be made vegetarian by substituting the parmesan cheese for Gran Moravia or another suitable alternative.

Ingredients

120g Pinhead oatmeal	1 vegetable stock cube made with 250ml water
1 tablespoon of olive oil	25g butter
1 small diced onion	Pinch fresh thyme, chopped (plus extra to serve)
60g of garden peas	Generous bunch chopped parsley (plus extra to serve)
200g assorted mushrooms, roughly chopped	Small bundle of Thyme sprigs tied together
1 small clove garlic, crushed	25g parmesan
Juice from ½ a small lemon	
25g double cream	
25g soured cream	

Method

1. Add the olive oil to a hot thick bottomed pan. Add the onion, pinhead oats, garlic and the chopped thyme and cook for around 2 minutes.
2. Add half of the chopped mushrooms, stir and cook for about 30 seconds. Add the thyme sprig bundle.
3. Add the stock and continue to stir gently for 5 minutes. Add the peas and continue to stir for another 5 minutes. The risotto will be thickening all the time whilst cooking and the desired consistency is similar to lightly whipped cream, not runny, but thick enough to hold on a plate.
4. Add the rest of the mushrooms and parsley and stir through. Remove the thyme sprig bundle.
5. Fold through the double cream, half of the parmesan and butter.
6. Serve garnished with a little thyme, parsley, parmesan slithers and a small dollop of soured cream. Drizzle with a squeeze of fresh lemon juice.

Nutrition information

Per 100g	Energy 673kJ 161kcal	Fat 9.3g	Saturates 4.3g	CHO 13.1g	Sugars 1.0g	Protein 4.9g	Fibre 2.7g	Salt 0.52g
Per Serving 335g	Energy 2253kJ 540kcal	Fat 31.1g	Saturates 14.5g	CHO 44.0g	Sugars 3.3g	Protein 16.5g	Fibre 9.1g	Salt 1.74g

Oat/Barley content

60g
of oats per portion

