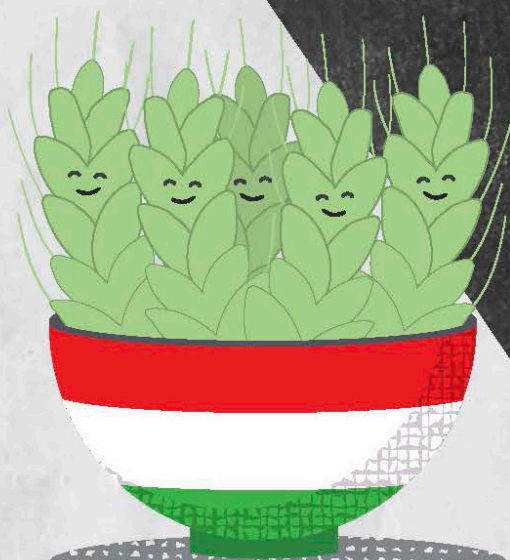


Spotlight on ORZO

➤ This season's flavour of the month ➤

TASTY & HEALTHY
THE LITTLE PASTA WITH
BIG BENEFITS!



Olive

Blue Cheese and Walnut Orzotto with Spiced Pear Compote

Ingredients - serves 6

80g walnut halves
30g vegetable stock
2 tsp oil
30g butter
½ onion finely diced
1 clove garlic finely chopped
300g orzo
85g blue cheese (gorgonzola is good)

For the compote

3 pears peeled and cored
1 cinnamon stick
2 star anise
75g diced onion
3 tbsp honey

Method

Soak walnuts in hot water for at least 2 hours, drain and save the liquor. Make up vegetable stock using 800ml of the walnut liquor.

First make the compote. Dice the pears into 0.5cm cubes and place in a pan with all the other compote ingredients. Cover with about 100ml water and simmer until all the liquid has reduced. Set aside.

Heat the oil and butter in a pan, add the onions, garlic and walnuts. Lightly cook until onions are soft. Add the orzo and stir together. Add the stock and bring to the boil, then simmer gently until orzo is soft and stock is reduced.

Take off the heat and crumble $\frac{3}{4}$ of the blue cheese into the orzo, stir through gently, and adjust seasoning.

Serve the orzotto in a pasta dish, topped with a dessert spoon of the pear compote and a sprinkling of blue cheese.