

*Prepared by Catherine Fulvio*

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### **Potato, Kale and Cannellini Bean Soup**

*Serves 4*

1 large onion, thinly sliced  
2 garlic cloves, thinly sliced  
60g chorizo, diced  
3 medium Rooster potatoes, peeled and diced into 1cm pieces  
1 tsp chopped thyme  
100ml white wine  
1.5 litres vegetable stock  
60g curly kale, washed and roughly shredded  
100g cooked cannellini beans

Olive or rapeseed oil  
Salt and freshly ground black pepper  
1 tbsp chopped parsley, for garnishing

Heat a little olive oil in a large saucepan and sauté the onion for 5 minutes until soft and just starting to colour. Add the garlic and cook for 1 minute.

Add the diced chorizo and cook until it starts to release oil.

Add the diced potatoes, thyme and white wine and sauté for 3 minutes, stirring from time to time.

Pour in the vegetable stock and bring to the boil, reduce the heat and simmer. Check the seasoning. Simmer for about 18 to 20 minutes.

Stir in the kale and beans and simmer for about 3 to 4 minutes until the kale is just tender..

Ladle into soup bowls, sprinkle over the chopped parsley.

## **Pumpkin or Butternut Squash and Sage Risotto**

*Serves 4*

*For the roasted pumpkin / butternut squash*

200g butternut squash, peeled and diced small

4 sprigs sage, shredded

Olive oil

*For the risotto*

1 tbsp butter

1 onion, finely diced

1 garlic clove, diced

300g risotto rice

100ml medium dry white wine

1 litre vegetable stock, heated to simmering

3 tbsp cream

3 to 4 tbsp pesto

Sprig of sage, to garnish

*To prepare the roasted pumpkin / butternut squash*, preheat the oven to 190C/fan 170C/gas 5. Place the diced butternut squash and sage on a roasting tray, drizzle with a little oil, salt and freshly ground black pepper and roast for 20 to 25 minutes until cooked.

*To prepare the risotto*, heat a large saucepan and add 2 tbsp oil and 1 tbsp of butter. When the butter is foaming, add the onion and cook on a low heat for 7-10 minutes until beginning to soften. Add the garlic and rice, and cook for a few minutes until the rice is shiny and opaque. Pour in the wine and simmer for 1 minute, stirring constantly. Reduce heat and add a ladleful of stock at a time, stirring constantly until each ladleful is absorbed. The rice should be creamy but firm to the bite.

Stir in the roasted sage pumpkin / butternut squash. Remove from heat and stir in the cream.

Check the seasoning.

Serve in bowls, and garnish with sprigs of sage

## **Apple and Blackberry Crumble**

Serves 4-6

### *For the base*

3 large bramley apples, peeled, cored and diced  
100g blackberries  
6 tbsp brown sugar (or to taste)  
2 tbsp water

### *For the crumble*

65g plain flour  
65g wholemeal flour  
90g butter  
65g brown sugar  
5 walnuts, roughly chopped  
65g oatmeal

Natural yoghurt or ice cream, to serve

Pre-heat the oven to 190°C (or fan 170°C/gas 5).

Grease an ovenproof pie dish.

Place the apples, brown sugar and 2 tablespoons of water in a saucepan, cover and cook for 5 minutes approx. until the fruit has softened. Add in the blackberries and turn off the heat.

To make the crumble topping, place the plain and wholemeal flour in a mixing bowl. Rub in the butter until the mixture resembles breadcrumbs. Stir in the sugar, walnuts and oatmeal.

Spoon the fruit into the ovenproof dish.

Sprinkle the crumble topping over the fruit.

Bake for 20 minutes until golden brown.

Serve warm with a spoon of yoghurt or your favourite ice cream.