

Executive Chef Mark McNamara

Barley risotto with roasted zucchini (serves 4)

Roasted Zucchini

1 large zucchini
1 ripe tomato
1tbsp Greek oregano
1 clove garlic
1 tbsp+ olive oil
Salt and pepper to taste

Method

- Shred zucchini into julienne, cut tomato into quarters, remove seeds and add seeds and pulp to zucchini, reserving 'petals'.
- Cut tomato "petals" into julienne and add to zucchini mix with crushed garlic, oregano and oil
- Season well and spread on a tray and place in a hot oven for 7-10 minutes until the zucchini starts to caramelize. Reserve until required

Risotto

150g fine polished barley
2 tbsp butter
1 leek
300ml white stock (chicken/vegetable)
2 spring onions (finely sliced)
1 garlic clove (crushed)
½ cup green vegetables (baby spinach, rocket, kale etc.)
1 tbsp parsley (shredded)
2 tbsp parmesan /pecorino (grated)
salt and pepper to taste

Method

- Place Barley in a saucepan cover with water and bring to the boil, remove from the heat and allow to sit and swell
- Melt half the butter in a pan, add leeks and cook gently until soft, add garlic, spring onions and soaked barley
- Add stock and simmer until almost all liquid is absorbed, add shredded leafy vegetables and continue to simmer gently until creamy
- Remove from heat, add the cheese and remaining butter, stir well until evenly mixed.
- Check for seasoning.
- Serve in bowl topped with the roasted zucchini and dollop of sheep milk labneh and baby herbs