

## Broad Beans

These large, leafy beans produce big pods that contain either white or green beans depending on the variety. The tips of the bean plants can also be picked and eaten, so can whole small pods – or wait until the beans reach full size before harvesting.

### BROAD BEAN RISOTTO

A lovely simple dish in which you can include some of your broad bean harvest.

#### SERVES 4

- A dash of olive oil
- 3 knobs butter
- 1 large onion, finely chopped
- 300g/10½oz risotto rice
- 1 litre/1¾ pints vegetable stock
- A small glass of white wine
- 3 tbsp marscarpone (optional)
- 50g/2oz Parmesan or vegetarian hard cheese, grated, plus extra to serve
- 200g/7oz cooked broad beans
- Salt and freshly ground black pepper
- 1 heaped tbsp flatleaf parsley

1. Heat the olive oil and butter in a large pan, then add the onion and cook over a low heat for 5 minutes, until softened.
2. Stir in the rice and cook for a further 2-3 minutes, stirring continuously.
3. Add the wine, and stir until absorbed.
4. Next, pour in a ladle of stock and stir the mixture until the liquid is absorbed.
5. Continue to add more stock, one ladle at a time, until all the stock is used up.
6. Now stir in the marscarpone, Parmesan, butter, broad beans and season to taste with salt and freshly ground black pepper.
7. Sprinkle over the herbs to serve.