



U C O O K

— COOKING MADE EASY

DECADENT SAMP & BEAN RISOTTO

with burnt sage butter, goat's cheese, pine nuts & oven-caramelised onions

For this recipe, there's a little prep to do in advance. But don't panic! It's as easy as can be! Soak the samp in cold water overnight or for a minimum of 3 hours before use. This speeds up the cooking process for your delectably creamy "risotto".

Hands-On Time: 20 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Tess Witney

 **Vegetarian**

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Ingredients & Prep

100ml	Samp <i>soaked overnight, drained & rinsed (please see Chef's Tip for instructions)</i>
10ml	Vegetable Stock
2	Baby Onions
10g	Pine Nuts
60g	Cannellini Beans <i>drained & rinsed</i>
60g	Kidney Beans <i>drained & rinsed</i>
40g	Baby Spinach <i>rinsed</i>
20ml	Grated Italian-Style Hard Cheese
1	Lemon <i>one half zested & cut into wedges</i>
4g	Fresh Sage <i>rinsed & picked</i>
25g	Goat's Cheese

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter
Tinfoil
Paper Towel

1. THICK, STICKY SAMP Preheat the oven to 200°C. Boil a full kettle. Rinse the soaked samp well and place in a pot. (See Chef's Tip for soaking instructions.) Pour in 700ml of boiling water and stir through the stock. Place over a high heat and bring to the boil. Then, reduce the heat and simmer without a lid for 40-45 minutes until cooked, stirring occasionally. If it starts to dry out during the cooking process, add water in small increments to continue. On completion, the samp should be tender and a thick, porridge-like texture.

2. CARAMELISED ONIONS Peel the baby onions and halve them lengthways. Don't remove the tip that keeps the layers joined together. Place on a tinfoil-lined roasting tray, coat in oil, and season to taste. Spread out evenly, turn cut-side down, and roast in the hot oven for 25-30 minutes until soft and caramelised.

3. TOAST THE PINE NUTS Place the pine nuts in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Keep a close eye on them; they burn easily! Remove from the pan on completion and set aside for serving. Set the pan aside for step 5.

4. FULL OF BEANS! When the samp is cooked, stir in the drained kidney and cannellini beans. Cook for a further 4-5 minutes until heated through, stirring occasionally. Add a naughty-sized knob of butter, the rinsed baby spinach, and the grated hard cheese. Stir until the spinach has wilted, remove from the heat on completion, and add some seasoning and a squeeze of lemon juice to taste.

5. MAKE YOUR BURNT SAGE BUTTER Return the pan to a medium heat with 20g of butter. Once foaming, add the rinsed sage leaves and spread out in a single layer. Fry for 1-2 minutes until the leaves are crispy and the butter has a nutty aroma, keeping a close eye on them. Remove the pan from the heat on completion.

6. UMNGQUSHO TIME! Serve up a lavish bowl of samp and bean "risotto" and lay the caramelised baby onions on top, cut-side up. Garnish with dollops of goat's cheese and some lemon zest to taste. Drizzle over the nutty burnt sage butter and finish off with a sprinkling of toasted pine nuts. Nikonwabele ukutya kwenu! Have a nice meal!



Chef's Tip

Samp must be soaked in water before use to speed up the cooking process. Submerge in cold water to 3cm above its surface, cover, and allow to soak overnight. Alternatively, soak for at least 3 hours before cooking.

Nutritional Information

Per 100g

Energy	672kJ
Energy	161Kcal
Protein	6.8g
Carbs	26g
of which sugars	2.6g
Fibre	4.8g
Fat	3.9g
of which saturated	1.6g
Sodium	439mg

Allergens

Egg, Dairy, Allium, Sulphites, Tree Nuts

Cook
within
4 Days