

## Honey, Jerk & Rum Brushed Shrimp Skewers on Lemon Risotto with a Warm Pumpkin Mint Salad

Please note that the items below in red are to be prepped in advance

### Ingredients:

#### **Risotto:**

3 tbsp extra virgin olive oil

1 small onion, minced

1 teaspoon minced garlic

1 ½ cups Arborio rice

grated zest & juice of 1 lime

salt & black pepper from the grinder

¼ cup flat leaf parsley

4 tbsp freshly grated Parmesan Cheese

about 1 liter chicken stock – strong in flavor / boiling (on the stove)

### Method

- In a heavy saucepan heat 1tbsp butter and little olive oil. Add the onion and a tsp minced garlic. Saute for about 1 minute
- Add rice and saute for 2 minutes. Add boiling chicken stock (1 ladle at the time) and bring to a boil.
- Stir continuously until all liquid is absorbed.
- Keep adding small amounts of chicken stock until the rice is almost done. The finished texture should be porridge like.
- Finish the risotto by adding the lime juice & zest, salt, black pepper and the remaining butter. Add Parmesan Cheese. Add the flat leaf parsley last just before serving.

#### **Shrimp Skewers:**

2 tbsp extra virgin olive oil

12 each medium to large size shrimps, peeled (tail on) and de-veined

1 teaspoon minced garlic

1 teaspoon grated ginger

4 tbsp rum

1 teaspoon jerk seasoning

2 tbsp honey

salt & pepper

### Method

- Combine olive oil with garlic, ginger, rum, jerk seasoning and honey
- Season shrimps with salt and pepper and cover with the marinade
- Allow to stand in the cooler for 1 hour
- Divide shrimps on 4 skewers – if using wooden skewers, soak in water for about an hour
- Char-grill on both sides over high heat until done (about 2 minutes on each side). Do not overcook



### **Warm Pumpkin Mint Salad**

6oz pumpkin, peeled and diced in ½ inch cubes

2 cloves of garlic, peeled and roughly chopped

1 small onion, peeled and chopped coarsely

2 tbsp extra virgin olive oil

sprig of fresh thyme

salt, pepper

2 tbsp balsamic vinegar

2 tbsp roughly chopped mint

- Place raw pumpkin on a baking sheet. Toss with salt and pepper, thyme (whole), chopped garlic and onion as well as the olive oil.
- Bake in a 375 degrees Fahrenheit pre-heated oven until pumpkin is tender (about 12-15 minutes)
- Remove from oven and transfer to a large bowl
- Add balsamic vinegar and adjust seasoning with some extra salt, pepper and olive oil (if needed)
- Add roughly chopped mint

### **To serve:**

- If the risotto has thickened too much, add a little more chicken stock. Place in center of a large bowl type plate.
- Add pumpkin salad on top
- Finish with 2 shrimp skewers
- Garnish with extra chopped mint and a lemon wedge

