

Pumpkin Risotto



Preparation time: 30-45 Minutes

Ingredients

1 oz. olive oil
1 cup finely diced white onions
1# Arborio or Carnoli Rice (risotto rice)
½ cup pumpkin puree
2 oz. dry white wine (such as chardonnay or sauvignon blanc)
2 qts. hot chicken stock or vegetable stock
1 cup dice fresh pumpkin or butternut or acorn squash
6 leaves garden fresh sage, Chiffonade
2 oz. butter, chilled, and cubed
3 oz. grated fresh Parmesan cheese, (not dried)
Kosher salt to taste
Freshly ground black pepper to taste
Pinch of ground cinnamon
Pinch of ground nutmeg

Procedure

1. Heat olive oil in a straight sided, heavy bottom sauté pan over medium heat. Add the onions and sauté until soft. Do not brown.
2. Add the rice and sauté until well coated with fat. Add the pumpkin puree.
3. Stir until all the rice is well coated with pumpkin. Season with salt to taste and freshly ground black pepper.
4. Add the wine, and stir until absorbed.
5. Using a 4 oz. ladle, add one ladle of stock to the rice. Stir the rice over medium heat with a wooden spoon until the stock is absorbed, and the rice is almost dry.

It is important to stir the risotto constantly in order to extract the starch from the rice.

6. Add another ladle of stock and repeat procedure. Do not add more than one ladleful of stock at a time.
7. Continue procedure until all stock has been added and the risotto is tender, but not mushy. This should take about ½ an hour.
8. When the rice is almost done (1-2 ladleful of stock left), add the diced pumpkin or squash and continue with the last few ladlesful of stock. Slowly cook until pumpkin or squash is tender
9. Remove from the heat. Stir in the cold butter, and Parmesan cheese. Stir until completely melted.
10. Stir in the sage, and add the ground cinnamon and ground nutmeg.
11. Taste and adjust seasoning.

Serves 5 as a main course, 10 as a side dish

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