

Recipes and Tips



Butternut Squash Risotto

Yield: 3-4 servings

1 medium butternut squash (about 1 pound)
Coarse salt and freshly ground pepper to taste
28 – 32 oz chicken stock
1 medium onion
2 ¾ tablespoons unsalted butter
8 oz by volume Arborio rice
2 oz dry white wine
2 oz grated Parmigiano Reggiano, plus extra for garnish

Peel, clean and dice the squash. Put the squash into a heavy-bottom pot and cook it with salt, pepper and 4 oz of chicken stock. Cook 5 to 10 minutes, until tender but not too soft. Meanwhile, dice the onion.

Heat the rest of the chicken stock and hold at a low simmer. In a heavy-bottom saucepan, heat three tablespoons of the butter, add the onion and cook over medium heat until it is translucent, about five minutes.

Add the rice and a pinch of salt and cook over low heat about three minutes, stirring often, until the rice has turned slightly opaque. Turn up the heat and pour in the white wine. When the wine has been absorbed, add just enough stock to cover the rice, stir well and reduce the heat.

Keep the rice at a gentle simmer and continue to add more stock, a ladle at a time, letting each addition become absorbed by the rice.

After 15 minutes, the rice will be nearly cooked. Stir in the cooked squash, the rest of the butter and the cheese. Continue cooking three to five minutes. Taste for texture and consistency, adding a little more of the stock as needed. Adjust the seasoning. When the rice is done, serve it in a warm bowl and garnish with extra cheese.