

Butternut Squash Risotto

Courtesy of: www.thebetterhomelife.com

Ingredients

- 2 pounds of Butternut squash (average size is 2-3 pounds)
- 3-4 cloves of garlic
- 4 cups vegetable broth
- 1/4 cup butter
- 2 tablespoons olive oil
- 1 medium onion, chopped
- 1.5 cup arborio rice
- 4-6 fresh sage leaves, sliced finely
- 1.5 cups white wine
- 1 teaspoon freshly ground black pepper
- 1 cup shredded parmesan cheese

Directions

Grate the garlic, add a pinch of salt and set aside.

Peel the squash with a vegetable peeler. Once the outer skin is gone, peel another layer. This seems wasteful, but a second layer is important because the skin is deeper than the outer layer. If you don't peel a second layer, you will end up with a tough skin on the edge of all of your squash pieces.

Slice the squash in half. Scoop out the seeds with a spoon. Dice one half into 1/4 inch cubes, grate the other half in a food processor. Weigh out 1 pound of each and freeze the rest. Include the weight on the freezer bag.

Pour the stock into a saucepan and bring to a simmer. Continue to simmer to keep warm.

Rinse the risotto.

In a large Wok or Pot melt the butter with the olive oil over medium heat. Add the cubed squash and onion, sauté until softened, about 5 min. Add the risotto, and continue mixing until risotto is opaque, about 5 min.

Pour in half of the wine, and continue to stir until the wine is absorbed. Add the other half of the wine, and stir until absorbed. Add 1/2 cup of stock and continue stirring, when it is nearly absorbed, add the sage and grated squash and another half cup of stock. Continue adding the stock 1/2 cup at a time, add another 1/2 cup when the last one is almost fully absorbed. Continue stirring and adding stock until the risotto is fully cooked, approximately 20 minutes. When the risotto is ready it will be firm but tender and no longer appear white.

Add the grated garlic, salt and pepper, and parmesan. Add additional stock if needed. Heat and stir until the cheese is melted, and all ingredients are well mixed.