

Squash Risotto

...Trick or Treat?

Ingredients (4-6 people)

750gr wedge of winter squash
1 onion
85gr butter
1,5 lt of vegetable stock
350gr risotto rice (Arborio or Vialone nano)
1 teaspoon round cinnamon
1 generous glass dry white wine
2 tablespoons chopped parsley
3 tablespoon grated Parmesan
salt and pepper



Preparation

Deseed the squash and cut off the rind, then cut into 1cm cubes.

In a wide saucepan cook the onion in half butter until tender, without browning. Meanwhile bring the stock to the boil in a separate saucepan and keep it warm.

Add the pumpkin and stir for a minute, then tip in the rice and cinnamon. Stir for about 60 seconds, then add the wine, salt and pepper. Simmer very quietly until the wine has evaporated.

Now add a good ladleful of hot stock and keep on stirring until it has almost disappeared. Repeat again and again until the rice is tender but retains a slight bite.



Stir in the remaining butter, the parsley and the Parmesan.



Suggestion

Wash very well the pumpkin seeds and remove all the hard parts.
Mix them with salt and place them in a baking tray covered with baking paper. Let them toast at 200°C until they turn to a nice gold colour.
It is a healthy snack!