

SQUASH RISOTTO



Ingredients:

3½	Cups	Chicken Stock (or Vegetable Stock)
3	Tablespoons	Butter, divided
2½	Cups	Butternut Squash, ½ inch cubes
¾	Cup	Onion, chopped
½	Teaspoon	Salt
1	Clove	Garlic, chopped fine
1	Cup	Arborio Rice
½	Cup	White Wine
1	Tablespoon	Fresh Parsley, chopped

Directions:

1. Bring stock to a boil. Reduce heat to low and keep warm. Melt 2 tablespoons butter in a large stock pot. Saute squash, stirring frequently until beginning to soften. Add onion and salt. Continue cooking until onion is translucent.
2. Add garlic and stir until fragrant, about 30 seconds. Remove from pot and set set aside.
3. Add 1 tablespoon butter and rice to the pot and cook, stirring frequently until grains are translucent around the edges – about 3 minutes. Add the wine, stirring constantly until it is absorbed – about 2 minutes.
4. Add 3 cups of the hot stock into the rice, reduce heat to medium-low, and simmer until almost all of the liquid is absorbed – about 15 to 18 minutes – stirring every every 5 to 6 minutes.
5. Add the remaining ½ cup of the hot stock to the rice and stir constantly for about 3 minutes until the mixture becomes very creamy. Remove from heat, stir in squash/onion mixture. Cover and let stand 5 minutes.
6. Garnish with parsley and season with additional salt and pepper if desired.