



PUMPKIN RISOTTO

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Serves

4 people

Region

Northern Italy

Ingredients available at [Mediterranean Foods](#)

Ingredients

- 1 Cup arborio or carnaroli rice
- 1 Tablespoon of extra virgin olive oil
- 4 Cups of vegetable broth
- 1/4 Cup dry white wine
- 1/2 cup (40g) Parmigiano Reggiano
- 1 Finely chopped shallot
- 2 Tablespoons butter
- 300g Pumpkin or squash, skin removed and chopped in small cubes

1. Bring the vegetable broth to a simmer in a medium saucepan. Pour the extra virgin olive oil in a medium pot, add the chopped shallot and cook for 5 minutes over medium heat until translucent. Pour in the rice and toast for 1 minute stirring frequently.
2. Add the white wine and cook until evaporated, stirring frequently so the rice doesn't stick to the bottom of the pan.
3. When the wine has evaporated, add the pumpkin cubes and 1 to 2 ladles of vegetable broth to barely cover the rice and pumpkin. As soon as the rice mixture begins to dry out, add another ladle of broth and stir occasionally. Keep adding more broth, a ladle at a time, when the rice dries out while stirring occasionally in between to make sure that the rice doesn't stick to the bottom of the pan.
4. At the 12 minute mark taste the risotto. It should be al dente or firm to the bite, but not hard nor mushy. If needed continue cooking until the 18 minute mark checking every minute to see if its done beforehand.
5. When the rice is finished, remove from heat and stir in the butter and Parmigiano Reggiano cheese. Serve immediately otherwise it will lose its creamy, silky texture.

Buon Appetito!

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