

Winter Squash Risotto

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INGREDIENTS

5 cups of chicken stock
4 garlic cloves
3 tbsp unsalted butter
1 cup chopped onions
1 ¼ cup of arborio rice
½ cup of dry white wine
1 medium green zucchini, diced
1 medium yellow squash, diced
2 tbsp marscapone cheese
2 tbsp of chopped herbs (thyme, chives, chervil, parsley)
¼ cup of grated reggiano parmesan cheese

SEASONAL ALTERNATIVES

SPRING: asparagus or english peas

SUMMER: tomato or artichoke hearts

FALL: wild mushrooms or butternut squash

Winter Squash Risotto

Prepare the risotto: bring the chicken stock to a gentle simmer, and keep it over low heat. Set a large saucepan over medium heat, add two tablespoons of butter, and when it foams, add the onion. Season with salt and pepper, stirring occasionally, until the onions are soft and light golden, about seven minutes. Add the minced garlic and cook, stirring, for another minute. Add the risotto and cook, stirring, for three minutes. Pour in the white wine. When the wine has evaporated, add the ½ cup of the chicken stock. Cook, stirring, until the stock has been absorbed. Repeat, adding the stock ½ cup at a time as soon as the previous addition has been absorbed.

Meanwhile, smash the remaining 2 cloves of garlic with the side of a knife. Heat the oil in a pan over high heat and add the garlic. Add the diced winter squash and zucchini. Season with salt and pepper, and cook, stirring, until the squash are tender, about 5 minutes. Stir in the remaining butter.

When the rice is beginning to soften but the grains are still hard at the center, add the squash. Pour some chicken stock into the squash pan, scrape the bits and juices up from the pan, and pour this into the rice as well. Continue stirring the rice and adding the chicken stock until the rice is creamy and al dente, about 25 minutes in total. Immediately before serving, add the marscapone, herbs, and reggiano parmesan.