

Butternut pumpkin risotto



Historically served as an entrée or a side condiment to Osso Bucco (traditional Italian meat dish), risotto today has evolved to being eaten as a main meal in both restaurants and homes across Australia.

To achieve the best results for risotto, there are a few basic rules to follow:

- The rice must not be washed before cooking - it eliminates a large part of the starch that gives risotto its rich texture.
- Use a pot or sauté pan that distributes heat evenly throughout the pan.
- Add hot stock to the rice during the cooking process: adding cold stock to the hot rice results in hard, uncooked kernel in the centre of the rice grain.
- Allow approximately 75 – 100g of rice per serving.
- Choose the most appropriate variety of rice for the recipe you will prepare: two most common rice varieties are 1) arborio for all types of risotto and 2) carnaroli for a consistent risotto.



Sear away

The wide flat-bottom surfaced **Calphalon Unison Sear 3.8L Sauté Pan** features a specially textured non stick coating that seals in flavour to create juicy steaks and crispy salmon. The low sides of the pan allow air to circulate so that foods remain crisp, yet high enough to contain juices and prevent splattering. *Code #268209. RRP \$349.00.*

Ingredients

- 1.75l chicken stock
- 2 tbsp extra-virgin olive oil
- 250g butternut pumpkin cubes (par cooked)
- 2 medium onions, finely chopped
- ¾ cup dry riesling or sauvignon blanc wine
- 1 ½ tsp freshly grated nutmeg
- 5 tbsp unsalted butter
- 1 ½ cups arborio rice
- 3 tbsp parsley, chopped
- ½ cup freshly grated parmesan cheese
- salt and pepper to taste

Method

In a **Calphalon Unison Slide 2.8L Saucepan**, bring the chicken stock to a simmer over a medium heat. Cover and reduce the heat to low.

Preheat a **Calphalon Unison Sear 3.8L Sauté Pan** over medium heat until the rim of the pan is hot to the touch. Add the olive oil and heat for an additional minute. Add the butternut pumpkin and half of the onions and cook until the pumpkin is tender, approximately 7 minutes. Add the wine and nutmeg and stir occasionally until most of the liquid has evaporated, approximately 12 minutes. Remove from the heat and cool slightly. Puree the mixture in a blender or food processor until smooth and reserve.

Return the **Calphalon Unison Sear 3.8L Sauté Pan** to the burner and heat over medium heat until the rim is hot to the touch. Add half of the butter. When the butter is bubbling, add the rice and remaining onions and sauté until the onions are translucent (approximately 7 minutes).

Add a cup of hot stock to the pan and begin to stir with a wooden spoon. Stir constantly until the liquid has been absorbed. Reduce the heat to low. Gradually add three more cups of the hot stock, one ladle full at a time, stirring constantly and waiting until the stock has been absorbed before adding another ladle full.

Stir in the pumpkin puree. Continue cooking and adding 3 more cups of stock to the pan, one ladle full at a time, stirring constantly and waiting until the stock has been absorbed before adding another ladle full. Cook until the rice is tender.

Stir in the parsley, remaining butter and parmesan cheese. Season with salt and pepper to taste. Serve immediately.

Serves 4