

Pumpkin Risotto

Ingredients

4 c of stock
1.5 c Arborio rice
1 c pumpkin puree
 $\frac{1}{2}$ c dry white wine, or $\frac{1}{8}$ c white wine vinegar
 $\frac{1}{2}$ c parmesan cheese, freshly grated
 $\frac{1}{4}$ c pumpkin, chopped and roasted
1 medium onion, chopped
3-4 cloves of garlic, diced
3 T butter
1 T olive oil
1 T fresh Italian parsley, chopped
1 t fresh sage, chopped
Salt & pepper to taste

Method

Combine pumpkin puree & stock. Heat the stock; bring it to a boil, then lower it to a simmer. You want to have hot stock when making your risotto. In a large pot, heat the olive oil on medium heat. Melt one tablespoon of the butter (or use two tablespoons of olive oil). Add chopped onions and sauté until translucent (about 3-4 minutes). Add your arborio rice & garlic. Sauté the rice in the onions until it is also slightly translucent. Don't allow the rice to brown, but it will have a toasty aroma. Add the wine or the vinegar and simmer until the liquid is fully absorbed. Add a cup of hot stock and mix continually until the liquid is mostly absorbed. Continue adding stock and mixing the rice until it absorbs the liquid and



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begins to form a creamy sauce. This is usually a 20-25 minute process. Check to see if the rice is done. It should not be crunchy, but it should still be firm, almost like al dente pasta! Remove from heat and add parmesan, butter, and herbs. Add roasted pumpkin last & serve immediately.

By Edible Garden Chef Anisa Lewis



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