



Roasted Pumpkin Risotto

NIBBLEDISH CONTRIBUTOR

Ingredients

1/2 small pumpkin, skinned, cubed

vegetable oil

32 oz. vegetable stock

2 or 3 tbsp butter/oil

1 shallot, finely chopped

1 garlic clove, finely chopped

1 cup risotto

1/4 cup white wine*

1/2 cup edamame

1/2 one large red bell pepper, diced

1/4 cup frozen peas

cinnamon

sugar

1/4 cup parmesan cheese

Instructions

Tips: Use a serrated knife when prepping the pumpkin. Pumpkins are difficult to work with and I'm guessing you'd like to keep all 10 fingers. :) Also, edamame can be substituted for chicken, shellfish, or tofu. White wine may be omitted and vegetable stock can also be substituted for chicken stock. For a creamier risotto constantly stir/shake the skillet to release the starch from the rice.

Preheat broiler to high. Toss pumpkin in vegetable oil, salt and pepper. Place pumpkin on a sheet pan and broil until caramelized and fragrant. Next, sweat garlic and shallot in butter until soft. Add the risotto and saute until translucent and toasted. *The rice should give off a nutty smell.* Then, Add white wine or the first ladel of stock. Now, shake the pan while stirring the rice until the stock or wine is completely absorbed. Now add bell pepper and edamame. Continue to add stock ladel by ladel until there's one last ladel of stock. Add pumpkin, peas, cinnamon, sugar, and last ladel of stock. Cook until all liquid is absorbed. Stir in parmesan cheese and serve.