



Butternut Squash Risotto

NIBBLEDISH CONTRIBUTOR

Ingredients

For 4

400 gr Butternut Squash
500 gr arborio rice
1 tablespoon olive oil extravergine
1 glass of white wine
1 medium white onion
1.5 liter vegetable broth
50 gr grated parmiggiano reggiano
one old crust of parmiggiano reggiano
50 gr butter (with no salt)

Instructions

I have seen that there is already a similar recipe for this risotto but the method and some of the ingredients are different.

Clean the squash from skin and seeds. Cut it in small cubes and put it in a pot. Add the onion finely cut and the olive oil. Stir fry for a few minutes.

While it's cooking clean the crust of parmiggiano reggiano by scraping with the knife on the outer side. Cut in small cubes.

Once the squash and onions are lightly brown put the rice and the crust of parmiggiano reggiano. Toast the rice and add the glass of wine. Stiff until you do not smell the alcohol of the wine. Add a few cups of broth and keep stirring and adding little amounts of broth while it dries up.

Once the rice is AL DENTE (normally after 15 minutes) add the butter and the grated cheese and stir for some time. Serve!

The hard part to make a risotto is to make it ALL'ONDA (with the wave): this means not to dry and not to liquid. It took me something like 10 years to get the perfect way of doing risotto (all'onda and al dente) and it all is in the adding the broth at the last 5 minutes: you must be careful with the quantities.

Adding the little cubes of parmigiano reggiano crust at the beginning is a trick of my grandmother. It is also a good way to use the crust that otherwise will be thrown away. You can do like this in all risotti: my wife calls them "the little surprises".