



Pumpkin Risotto

from *Scott Eichinger* (<http://sseichinger.blogspot.com>)

- 1 1/4 cup peeled, seeded, diced pumpkin
- 4 cups of stock or broth of you choice, plus 2 cups of water
- 1 small to medium onion, finely diced
- 1 TB olive oil
- 1 cup of Arborio Rice (most grocery stores carry Arborio Rice, it is the traditional rice for Risotto, other types won't work well)
- 1/2 cup grated fresh Parmigiano-Reggiano cheese
- 1 TB butter
- Salt & Pepper to taste
- Chopped fresh sage & roasted pumpkin seeds for garnish

Cook diced pumpkin in simmering broth until tender. Reserve the pumpkin in a bowl. Bring the stock/water mixture at a simmer and keep it there. When making risotto, you add the stock a little at a time and if it is cold, it will take twice as long and may affect the texture.

In large sauce pan, heat oil over medium heat and add the onion, sweat the onions until translucent, do not saute, you don't want to brown the onions, just sweeten and tender them. Add the rice and stir to coat with the oil, keep stirring for 2-4 minutes until the edges of the rice are translucent.

Add enough stock until the rice is just covered, allow to simmer, stir occasionally, until stock is absorbed. When absorbed, add another cup of stock. Repeat until the rice is al dente. Remove from the heat and add parmigiano, pumpkin and butter. Stir and serve immediately. Garnish with chopped sage or roasted pumpkin seeds.

This will take about 20-25 minutes. It requires your attention. Don't leave it unattended.