

Winter Risotto

Swick

Serves 1 | Active Time: 1 hour | Total Time: 1 hour

Step 1: Enhancing the White Sauce

- 1 Recipe Basic White Sauce (approx. 2 cups)
- 1 1/2 cup chopped butternut squash, steamed or boiled until soft
- 1/4 tsp cinnamon

First, prepare your mise en place.

To enhance the Basic White Sauce, in a blender, combine the sauce, butternut squash and cinnamon and blend until smooth. Set aside.

Step 2: Sautéing the Aromatics

- 1 1/2 tbsp olive oil*
- 1/2 cup onions, diced
- 2 cups butternut squash, peeled, diced and lightly blanched (either steamed or in boiling water)
- 1/4 cup white wine

To sauté the aromatics, bring a deep fry pan to medium heat. Add the olive oil and onions, stirring until golden and just about to stick. Add the diced butternut squash and sauté for another moment. When they begin to stick, deglaze the pan with the white wine.

*Note: If cooking without oil, add 1/4 cup low sodium vegetable stock in place of the olive oil.

Step 3: Finishing the Risotto

- 2 cups pre-cooked grain of your choice (brown rice preferred)
- 1 1/2 tbsp fresh sage, minced
- 1/4 cup fresh parsley, minced
- freshly-ground black pepper, to taste
- sea salt, to taste
- 1 tsp fresh horseradish, peeled and zested for garnish (optional)

To finish the risotto, add the brown rice, sage and parsley. Mix thoroughly and sauté for 2 to 4 minutes. Pour the butternut squash cream over the rice mixture and lower heat to medium-low. Stir continuously, and cook for about 5 minutes, until it starts to reduce and thicken.

If the risotto is too thick, add a bit of vegetable stock to thin it out. Once you are happy with the final consistency, remove the risotto from the heat and season with freshly-ground black pepper and sea salt to taste.

To serve, zest fresh horseradish over the top of the risotto.