



PUMPKIN RISOTTO

This savory and creamy rice dish is perfect Fall comfort food.



Yield: 6 servings

Total Time: 50 min

INGREDIENTS:

- 4 tablespoons unsalted butter or olive oil
- 1 large yellow onion, thinly sliced
- 8 cloves garlic, thinly sliced
- 1 teaspoon kosher salt
- 1 teaspoon black pepper
- 2 cups arborio rice
- 9 cups water (or veg broth)
- 2 tablespoons of fresh herbs, minced (sage, thyme are both great!)
- 2 cups pumpkin puree
- 1 cup parmesan cheese

TOOL BOX



Mixing bowls
Can opener
Cutting mats
Wavy chopper
Grater for cheese
Measuring tools
Large Skillet

Risotto gets its creamy texture from starch released by the rice, not cream!

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YOU TRIED TODAY!
PUT A :) BY YOUR FAVORITE**

PREPARATION:



1. In a large skillet over medium heat, melt the butter and add in the onions, garlic, salt, and pepper. Cook slowly for about 5 minutes, stirring until the onions are soft, golden brown, and beginning to caramelize.
2. Add the rice to the skillet with the onions and toast, stirring frequently, for about 2 minutes.
3. Add in $\frac{1}{2}$ cup of the warmed vegetable stock and fresh sage or thyme and stir the risotto until the stock is completely absorbed, then add in another $\frac{1}{2}$ cup and repeat. Continue to add in the stock $\frac{1}{2}$ cup at a time until it's all absorbed and the rice is fully cooked.
4. Then stir in the pumpkin puree and parmesan cheese until fully combined and creamy. Taste and add salt and pepper if needed.

TIP:

Warming the broth before adding it to the warm rice coaxes more starch out of each grain of rice and helps prevent it from overcooking. Cool broth takes longer to warm up in the risotto pan and may shock the grain into holding onto its starches while the rice itself continues to cook.

Add the stock in small increments. If you dump in the stock all at once, you're just boiling rice. By slowly adding stock, you allow the rice grains to bump up against each other, creating that creamy starch. Wait until the rice absorbs all the stock to add some more.

Toasting the rice for a few minutes is important because it creates a shell around each grain, allowing the grain to slowly absorb moisture without getting soggy.

RATE THE RECIPE!



HOW WOULD YOU MAKE THIS DIFFERENT NEXT TIME?

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