

Pumpkin Risotto

from SOS Cuisine

Rice cooked in a broth with onion and pumpkin. Makes 4 servings.

To speed up the risotto preparation, you may cook the pumpkin in advance. The quantities given here are based on this recipe served as **main course**.

1½ cup	pumpkin
1	onion, finely chopped
3 cups	vegetable broth
¼ cup	unsalted butter
2 Tbsp.	olive oil
1⅔ cup	arborio rice
6 Tbsp.	Parmesan cheese, grated
1 pinch	nutmeg
salt to taste	
ground pepper to taste	

Preheat the oven to 175°C/375°F.

Put the pumpkin, whole, on a baking sheet and bake for about 1 h until soft. Let it cool down, remove the seeds, carve out the pulp and dice it into 1,5 cm cubes. Take the required quantity and put the rest in the refrigerator or in the freezer for future use in another recipe.

Finely chop the onion. Heat the broth in a small saucepan on the stove or in a microwave oven. Keep it warm while cooking the risotto (about 20 min).

Melt half of the butter in a large skillet or saucepan. Sauté the onion 3-4 min until it becomes translucent. Add the rice grains and toast them 1-2 min (until translucent), with constant stirring. Add the pumpkin cubes.

Cook the risotto, using the warmed broth until the rice is creamy but still *al dente*. Remove the saucepan from the heat, then whisk in the remaining butter, grated Parmesan cheese, and grated nutmeg. Let stand for 2 min. Season with salt (not much if the broth is salty) and pepper to taste. Spoon the risotto into dishes and serve.