

Seasonal Foods: Winter Squash | October 2009 | CCM Staff

Easily transformable, winter squash can be grilled, roasted, mashed, puréed, steamed, sautéed, or stuffed—you can even toast the seeds for a salty snack. We took advantage of the tender, sweet flesh of the Kabocha to lend color, creaminess, and richness of flavor to this risotto. Any way you slice it, this winter wonder is a valuable vegetable to include with your next meal.

Garlic and Rosemary Kabocha Squash Risotto

*2 c ¼-inch diced Kabocha squash**
6 c chicken broth
1 c dry white wine
2 Tbsp butter
¼ c finely chopped garlic
2 c Arborio rice
½ c cream
2 Tbsp finely chopped fresh rosemary
2 Tbsp grated Parmesan
Salt and freshly ground black pepper

Bring broth and wine to a simmer in medium saucepan. Reduce heat; keep hot.

Melt butter in heavy large saucepan over medium heat. Add squash and garlic; stir to coat. Add rice; sauté 1 minute. Add 2 cups hot broth mixture. Adjust heat so that liquid bubbles gently. Stir until liquid is absorbed. Continue adding hot broth 1 cup at a time until rice is tender, simmering until liquid is absorbed before each addition and stirring often, about 20 minutes.

Mix rosemary, cream, and Parmesan into risotto. Season with salt and pepper, and serve.

**You may substitute any winter squash for the Kabocha. Try butternut, buttercup, or turban squash.*



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