

* Double Recipe *

RISOTTO ALLA ZUCCA, CASTAGNE E SALVIA



PUMPKIN, CHESTNUT AND CRISPY SAGE RISOTTO

This is a lovely little number for winter. At that time of the year there are a wonderful selection of pumpkins available, so don't feel restricted to using butternut pumpkin if you are feeling adventurous. The crispy sage and chestnuts go well with this, but if you are finding it hard to track down chestnuts it is delicious without them. Many varieties of rice are used to make risotto. Arborio is probably the most commonly found in supermarkets in Australia, but carnaroli is hailed as the king of Italian rices as it produces the creamiest risotto. Peeling chestnuts can be a little tedious. If you are roasting your own, be sure to first score the shells using a sharp knife. Cook them in a preheated oven at 200°C for around 25 minutes or until the skins open and the insides are tender. Allow to cool before peeling.

SERVES 4

80 ml olive oil
1 onion, finely diced
3 garlic cloves, finely chopped
about 200 g butternut pumpkin (squash),
skin removed, cut into 2 cm cubes
200 g carnaroli rice
splash of white wine / 1 lemon squeezed.
500 ml-1 litre hot ~~chicken~~ or vegetable stock
120 g butter
100 g freshly grated parmigiano-reggiano
~~about 12 roasted chestnuts, peeled~~
about 20 sage leaves
200 g grated parmesan.

1. Heat the olive oil in a large heavy-based pan, then add the onion and garlic and sauté over a low-medium heat until soft but not coloured. Add the pumpkin and sauté, stirring, for a further 10 minutes until the pumpkin is soft but not browned.

2. Add the rice and increase the heat to medium-high. Cook, stirring, until the rice grains become translucent. Add the wine. Once the wine has evaporated, add the hot stock a ladle at a time so the rice is submerged but not swimming. Once the stock comes to the boil, reduce to a gentle simmer, adding more stock as it is needed. Make sure you really stir the base of the pan, as the rice will be prone to sticking. Cook for 12-15 minutes or until the rice is al dente.

3. Remove the pan from the heat. Add 70 g of the butter, all the parmigiano-reggiano and one more ladle of hot stock. Stir to combine, then pop a lid on the pan and allow it to rest for a minute or two.

4. Meanwhile, melt the remaining butter in a frying pan over a high heat. Add the chestnuts and sage, jiggling the pan so the butter coats all the sage leaves. Once the butter starts to turn a nutty colour and the sage is crispy, remove the sage and chestnuts from the pan and drain on paper towel.

5. The risotto should be swollen and creamy. Spoon onto serving plates and top with the crispy sage and ~~chestnuts~~ ^{parmesan}. Finish with extra parmigiano-reggiano and enjoy immediately.

VARIATIONS FOR WELLBEING

Dairy intolerance - use milk-free margarine instead of butter.
use goat's-milk or sheep's-milk cheese instead of parmigiano-reggiano
Gluten intolerance - ensure stock is gluten-free
IBS - omit onion; use onion-free stock
Lactose intolerance - enjoy as is