

Creamy Pumpkin Risotto

Inspired from [The Good Food of Italy](#)

Ingredients:

- 1 sugar pumpkin
- 1 to 2 shallots, finely diced
- 1 tablespoon olive oil
- 3 cups chicken stock
- 1 cup dry white wine (Sauvignon Blanc)
- 1 1/2 cups Arborio Rice
- 4 tablespoons unsalted butter
- 2 tablespoons mascarpone cheese
- 1/2 teaspoon freshly grated nutmeg
- 1/4 cup Parmigiano Reggiano, freshly grated
- Kosher salt & freshly ground black pepper
- Fresh sage, finely chopped (optional)

Preparation:

Preheat the oven to 350 degrees.

Peel the pumpkin, remove seeds and stringy bits and cut into small cubes. Place on a large baking sheet, adding a drizzle of olive oil on the pumpkin. Season with salt and pepper. Bake for 12 to 15 minutes, until tender. Remove from pan, and reserve about 3/4 cup of cubed pumpkin. Transfer the rest of the pumpkin to a food processor and puree until smooth. Set aside.

Heat the oil in a medium saucepan. Add the shallots and saute until soft. Bring the chicken stock and white wine to a boil in a large sauce pot. Reduce the heat to a low simmer and keep stock mixture hot.

Add the rice to the saucepan and cook for one minute. Immediately stir in 1 ladle of the hot stock and cook, stirring constantly, until all of the liquid has been absorbed. Keep repeating steps of adding hot stock to rice until the rice is cooked al dente, about 15 minutes. Stir in the pumpkin puree and cubed pumpkin. The risotto will be a little loose. Add the freshly grated nutmeg and taste for seasonings. Add salt and pepper. Fold in the butter and parmigiano and mascarpone cheese, and mix to combine.

Serve the risotto immediately. Garnish with fresh chopped sage.

Yield: 4+ servings

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