



Taste of Italy:

PUMPKIN RISOTTO



 4 servings  45 minutes

INGREDIENTS

FOR THE VEGETABLE BROTH

- 2 carrots
- 3 celery stalks
- 1 red onion
- Water, as needed

INGREDIENTS

- 320 g (1 ½ cups) Carnaroli rice
- 25 g (2 tablespoons) butter
- Extra virgin olive oil, as needed
- Fine salt, as needed

FOR THE PARMESAN CREAM

- 125 g (½ cup) fresh liquid cream
- 100 g (1 cup) grated Parmigiano Reggiano

FOR THE PUMPKIN CREAM

- 600 g (4 cups) pumpkin
- 100 g (¾ cup) cherry tomatoes
- ½ red onion
- 85 g (6 tablespoons) butter
- Extra virgin olive oil, as needed
- Fine salt, as needed
- Black pepper, as needed

FOR FINISHING AND CREAMINESS

- 60 g (4 tablespoons) butter (grated)
- 50 g (½ cup) grated Parmigiano Reggiano

DIRECTIONS

PREPARATION

- 1. Prepare the Vegetable Broth**
 - Peel the carrots, celery, and onion.
 - Place them in a large pot, cover with water, and add a few whole peppercorns.
 - Bring to a boil, then simmer for about 45 minutes.
- 2. The Parmesan Cream**
 - In a small pot, combine the cream and grated Parmigiano Reggiano.
 - Bring to a boil, stirring with a whisk until the cheese melts.
 - Remove from heat and blend with an immersion blender until smooth and velvety.
- 3. The Pumpkin Cream**
 - Clean and dice the pumpkin into small cubes.
 - Heat a large pan with a drizzle of olive oil and a splash of water.
 - Add the chopped red onion, whole cherry tomatoes, salt, and pepper. Sauté over medium heat for 2-3 minutes until the onion turns translucent.
 - Add the diced pumpkin and butter. Cover and cook over medium heat for 15 minutes.
 - Once done, transfer the mixture to a bowl, add a ladle of vegetable broth, and blend with an immersion blender until smooth.
- 4. Cook the Rice**
 - In a large pan, melt butter with a drizzle of olive oil.
 - Add the rice, season with salt, and toast it until the grains are hot.
 - Strain the vegetable broth, discarding the vegetables, and add it to the rice a little at a time, stirring frequently.
- 5. Combine with Pumpkin Cream**
 - After 6-7 minutes of cooking, add the pumpkin cream to the rice.
 - Continue cooking, adding broth as needed, until the rice is al dente and creamy.
- 6. Finish with Parmesan and Butter**
 - Turn off the heat and stir in grated Parmigiano Reggiano and butter.
 - Mix well, cover, and let rest for 2 minutes.
- 7. Serve**
 - Plate the risotto, adding a drizzle of the cream for presentation, rosemary