



## Risotto con la Zucca (AKA Risotto with Pumpkin)

Serves 6-8

### Ingredients

- ½ - ¾ of a large butternut squash, peeled and seeded, dice into ½-inch cubes
- 3 Tbsp good olive oil for the squash
- 2 cups of Arborio Rice (can be substituted with "Short Grain White Pearl" rice)
- Another 2 Tbsp good olive oil for sautéing onion/rice
- 4 cups (or 1L) of chicken or vegetable broth (lazy me, I use Better than Bouillon and boiling water)
- 1 onion (or 1 cup, diced) or ¾ cup diced shallots
- 1 swig of white wine or dry vermouth (about 1 ½ Tbsp)
- ¼ cup Extra Virgin Olive Oil
- 1 cup grated parmesan cheese to finish
- 2 Tbsp butter
- Salt and pepper to taste

### Instructions

First, mix the diced squash and 3 tablespoons olive oil with some salt and pepper, and bake at 425 for 15-20 minutes - until softened but not overly done.

Meanwhile, in the pre-heated pressure cooker on medium heat add the two tablespoons oil and onion or shallot. Sauté the onion or shallot on low until it becomes translucent (about 5-10 minutes).

Add the rice and lightly toast it to release the starch. When you add the Arborio rice to the onions/shallots, the rice will turn from solid white to translucent as it absorbs the oil and onion juice, then in about a minute back to white. Wait until just a couple of grains look golden and your rice is toasted!

Add a swig of white wine and un-stick any grains from the bottom of the cooker and stir the rice until the wine has fully evaporated.

Add the broth to the onions/shallots, mix and close the top immediately.

Close and lock the lid of the pressure cooker. For stove top pressure cookers: Turn the heat up to high and when the cooker indicates it has reached high pressure, lower the heat to maintain it and begin counting seven minutes pressure cooking time.

When time is up, open the cooker by releasing the pressure

The risotto should appear just slightly too wet. Stir, and the rice will continue to absorb the extra liquid in about 30 seconds. If the rice is still very wet, put the open pressure cooker back on a medium flame, without the lid, and finish cooking it this way - stirring often - until it reaches the right consistency. For a classic finish, melt two tablespoons of butter and grated cheese and stir in right before serving. Adjust for salt and pepper

I add the cooked tiny cubed cooked butternut squash right at the end too. By the way, this works with diced broccoli as well or a combo of broccoli and squash.

Leftovers reheat beautifully or you could add some egg and breadcrumbs, coat with panko and sauté for a different meal.