

Pumpkin Risotto

Introduction

While rice has been a staple ingredient for millennia in Eastern and Southeastern Asia, this method of cooking originates in northern Italy. Plague had ravaged the countryside, and farmers had to come up with a way to make the best out of this new, cheap cereal.

Time to prepare: 40m

Difficulty: Easy

Equipment: Frying pan, wooden spoon, kettle or pot

Adaptable: Yes

Vegetarian: Yes

Vegan: Opt-out

Dish origin: Northern Italy

Ingredients:

- Water, 1L
- Medium grain rice (Arborio/Bomba/Brown/Parboiled/Carnaroli), 80-100g per person
 - [For greater nutrient availability, choose whole-grain rice if possible]
- Pumpkin (Hokkaido, other qualities), 50g per person
- Garlic (any type), 1 clove per person (max 3)
- Vegetable cube OR
 - Vegetable broth powder, 1tbsp OR
 - Vegetable broth, 1 cup
- Oil, 1 tbsp OR
 - Vinegar, 1 tbsp
- Butter (or margarine), 1 spoon
- White wine, 1 cup
- Optional: black pepper

Preparation:

1. Put water to heat up in the pot or kettle.
2. Slice or mince the garlic and heat it up on the pan with the oil vinegar.
3. Dice the pumpkin and add it to the pan when the garlic is golden.
4. When the pumpkin cubes are starting to become soft, add the rice, the vegetable cube/powder and the glass of white wine OR one ladle of warm water from the pot/kettle.
5. Mix and add one ladle of warm water every few minutes.
6. When the rice is soft, lower heat and add the butter/margarine. Mix until melted.
7. Serve warm and add black pepper.

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