

Sara's Spicy Maple & Curried Squash Risotto



INGREDIENTS:

- 1 small butternut squash
- 2 t curry powder
- 2 t salt
- 2 t black pepper
- 2 T olive oil
- 1 cup water
- 4 T maple syrup
- 1 t red chili flakes
- 1 t your favorite hot sauce
- 4 cups chicken or vegetable stock
- 4 T butter, divided
- 1 shallot, diced very small
(or ½ a small yellow onion)
- 1 ½ cup Arborio rice
- ½ cup reserved squash liquid
- ¼ cup parmesan cheese, finely grated
- ¼ cup crème fraîche *(or sour cream)*
- 1 cup roasted squash
- 2 sage leaves, chiffonade
- Kosher salt, to taste

DIRECTIONS:

- Step 1.** Split the butternut squash in half and score in an X pattern. Place in a baking dish and dust with curry, salt, pepper, and olive oil. Add water to pan and wrap tight with foil. Bake at 350 degrees for 40 minutes. Remove foil and bake 10-15 more minutes or until tender. Let cool at room temperature, then scoop out squash from skins and smash with a fork. Reserve liquid, discard skins. While the squash bakes, combine maple syrup, chili flakes, and hot sauce in a bowl and set aside.
- Step 2.** In a medium sauce pan, heat stock and keep warm. In a large pot, heat 2 tablespoons of the butter and sweat your shallot on medium heat until translucent, 3-5 minutes. Add rice and stir with a wooden spoon. Cook rice for 2 minutes to lightly toast, but not darken.
- Step 3.** Add the squash liquid and stir until absorbed.
- Step 4.** Turn the heat up to med-high. Add warm stock ½ cup at a time, adding as the rice starts to look dry. Stir often for 20-30 minutes till al dente.
- Step 5.** Once cooked, turn off the heat and add the parmesan cheese, crème fraîche, smashed squash, sage, and remaining 2 tablespoons of butter. Stir well. Transfer to your serving vessel and drizzle with maple syrup. Sprinkle ½ teaspoon of curry powder over the top.

Edouardo's Sweet Squash Risotto w/Clams & Pickled Peppers

INGREDIENTS:

50g small diced confit onions
50g small diced confit fennel
150g Gold Bar squash, sliced
(or yellow zucchini squash)
50g yellow onions, sliced thin
10g garlic, sliced thin
Pinch of saffron
Confit oil from fennel and onions
Water
2 cups Carnaroli rice, par-cooked
75g squash puree
25g cream
200g clam stock
15 manila clams
30g ricotta cheese
Olive oil
Jarred pickled peppers
Fennel fronds, fennel pollen, fresh
thyme leaves or garnish of choice

DIRECTIONS:

Step 1. Confit onions and fennel by covering with oil and simmer until tender. Strain and retain oil and vegetables separately.

Step 2. Make the squash puree. In a medium saute pan, cook squash, sliced onions and garlic in 2 tablespoons of confit cooking oil. Cook on medium high heat till they start to take on a little color. Add in a pinch of saffron and stir. Deglaze pan with a touch of water. Continue cooking until squash is tender. Cook all the water from pan until the vegetables are dry. Place in blender and puree until velvety. Season with a little salt to taste.

Step 3. Par cook the rice by boiling in water as instructed. Strain and spread on a cookie sheet. Allow to cool in the refrigerator.

Step 4. In a medium pot, add confit fennel and onions and rice. Add stock and bring to a simmer while stirring. Add squash puree, cream, and drop in clams and cover with lid. Simmer for one minute. Clams will open. Discard any that do not. Stir rice to bring everything together. Serve risotto either with clams in the shell for a rustic presentation or remove from the shell. Garnish with ricotta and pickled peppers and fresh herbs.



Ron's 5-Spice Risotto



INGREDIENTS:

2 cups butternut squash,
medium dice

4 cups chicken stock

1 ¼ cup Arborio rice

½ cup yellow onion, small dice

3 cloves garlic, minced

⅓ cup raisins

2 T Parmesan, grated

2 T butter, kept cold and cubed

1 t Chinese 5-Spice powder

2 T evoo

DIRECTIONS:

Step 1. Bring the chicken stock up to a quick boil and keep hot over low heat.

Step 2. Cook the risotto. In a medium sized pot start to sweat the onions and garlic in the evoo over low heat, being careful not to color the aromatics, about 4-5 minutes. Next add the diced butternut squash and cook for another minute. Add the 5-Spice powder and Arborio rice and toast for 2-3 minutes until the outside of the rice fragrant. Finally start to add the hot chicken stock in 2-3 ounce increments while constantly stirring the rice. Once the rice absorbs the last increment of stock add another 2-3 ounces of stock. Do this until the rice is al dente or tender but still has a little bite. About 30-40 minutes.

Step 3. Once the rice is al dente, fold in the cold butter, Parmesan and raisins. Once the butter is melted, serve the risotto in a bowl and garnish with freshly grated Parmesan and a few more raisins on top. Serve immediately.

Nyasha's Kuri Curry Risotto



INGREDIENTS:

2 cups red kuri squash, cubed
2 T coconut oil
Himalayan sea salt
2 † Madras curry powder
6 fresh sage leaves
½ yellow onion, finely diced
2 large cloves garlic, finely minced
1 T fresh chopped parsley
1 cup Arborio rice
½ cup dry white wine
3 ½ cups stock of your choice
¼ cup Parmesan cheese, finely grated *(optional)*
2 T mascarpone cheese *(optional)*
Salt and pepper to taste

DIRECTIONS:

Step 1. Cube the red kuri squash and toss with 1 tablespoon coconut oil and himalayan sea salt to taste. Roast 400 degrees for 25-30 minutes.

Step 2. Heat 1 tablespoon coconut oil in a saucepan over medium-high heat. Add sage, cook until crisp and remove with a slotted spoon, placing on a paper towel-lined plate until ready to serve.

Step 3. To the same saucepan add onion, salt and cook for 8 minutes on low heat until translucent. Add garlic and rice then stir for about 6 minutes until rice is coated and onions start to get very soft.

Step 4. Add in curry powder and stir. You do not want the onions to caramelize too much or for the spices to burn.

Step 5. Add wine, stir and cook until wine is evaporated then add squash and 1 cup of the stock. Stir slowly while cooking until the rice has absorbed all of the liquid. Repeat this process until rice is cooked (15 minutes), to finish stir in cheese and fresh chopped parsley.

Step 6. Season to taste, serve with crispy sage.

Karen's Farro Risotto w/ Butternut Squash



INGREDIENTS:

1 butternut squash (2 pounds)
2 T olive oil
Kosher salt
Freshly ground black pepper
6 cups chicken stock, preferably homemade
6 T (¾ stick) unsalted butter
2 ounces pancetta, diced
2 T thyme, picked and chopped
½ cup minced shallots (2 large)
1 ½ cups farro (10 ounces)
½ cup dry white wine
1 t saffron threads
1 cup Parmesan cheese, freshly grated

DIRECTIONS:

Step 1. Preheat the oven to 400 degrees.

Step 2. Peel the butternut squash, remove the seeds, and cut it into ¾ inch cubes. You should have about 6 cups. Place the squash on a sheet pan and toss it with the olive oil, 1 teaspoon salt, and ½ teaspoon pepper. Roast for 25-30 minutes, tossing once, until very tender. Set aside.

Step 3. Meanwhile, heat the chicken stock in a small covered saucepan. Leave it on low heat to simmer.

Step 4. In a heavy-bottomed pot or Dutch oven, melt the butter and sauté the pancetta and shallots on medium-low heat for 10 minutes, until the shallots are translucent but not browned. Add the farro and stir to coat the grains with butter. Add the wine and cook for 2 minutes. Add 2 full ladles of stock to the rice plus the saffron, 1 teaspoon salt, and ½ teaspoon pepper. Stir, and simmer until the stock is absorbed, 5 to 10 minutes. Continue to add the stock, 2 ladles at a time, stirring every few minutes. Each time, cook until the mixture seems a little dry, then add more stock. Continue until the rice is cooked through, but still al dente, about 30 minutes total. Remove from heat and add the roasted squash cubes and Parmesan cheese. Mix well and serve.