

Butternut Squash and Chestnut Risotto

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This rich and creamy risotto is the perfect autumnal dinner - the squash gives it sweetness and earthiness and the chestnuts add a bit of texture and extra flavour. The sage helps to finish the risotto off - delicious!

Ingredients:

1kg butternut squash
1 onion
1.5 litres chicken stock
300g risotto rice
200ml white wine
3 tbsp. oil and 4 tbsp. butter
50g grated parmesan
Salt and pepper
100g vacuum packed chestnuts, peeled
4-6 sage leaves

Directions:

1. Peel the squash and chop into bite-sized chunks. Toss with half the sage leaves and 2 tbsp. of the oil. Season with salt and pepper. Scatter in a baking tray and bake in a 200C oven for 30 minutes or until golden. Meanwhile, start the risotto. Put the stock on a low heat on the hob.
2. Finely dice the onion. Heat the rest of the oil and butter in a large frying pan. Add the onion and fry until golden and soft. Add the rice and stir to coat in the oils. Cook for 1-2 minutes until the edges of the rice grains start to crack.
3. Add the wine and stir. Cook until almost all of the wine has cooked off. Add the stock, one ladle at a time, stirring and cooking over a medium heat, waiting until the stock has absorbed into the rice before adding any more stock. This will take around 15-25 minutes - this changes depending on how high your heat is.
4. When the rice is cooked - taste it to see, it should be soft with a slight bite to each grain - take the pan off the heat. You might not need to use all the stock. Mash half the butternut squash and stir into the risotto. Chop the chestnuts and add to the risotto. Stir in the rest of the butternut squash and the parmesan. Season with salt and pepper, cover and leave for 5 minutes before serving.
5. Garnish the risotto with the rest of the sage leaves.

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