



Squash & Goat's Cheese Risotto

Like any good risotto, simplicity, good ingredients, and timing are everything.

Serves: 2

Prepare: 10 Minutes

Cook: 40 Minutes

Difficulty: Easy

Ingredients

- [1tbsp fat](#)
- 2 garlic cloves, crushed
- 1 shallot, diced
- 1 stick of celery, diced
- 150g pumpkin/squash, skinned, deseeded and cubed (blue max squash if you can get one, but any winter squash will do)
- [1 pouch \(324g\) organic chicken bone broth](#)
- 150g organic arborio rice
- 50g crumbly goats cheese
- 150ml water
- splash white wine (optional)
- 1/2 cup grated parmesan
- freshly ground black pepper

Method

1. Start with the squash/pumpkin, scoop the seeds out, cube, coat in fat or oil and roast in a preheated 180°C oven for 30 mins
2. Once roasted either mash it with a potato masher or even better run it through a vegetable ricer to make it smooth and set the puree aside.
3. Add the fat to a large saucepan and place on a low heat so the fat gently melts (if solid)
4. Soften the shallot and celery in the pan slowly, ensuring it doesn't brown but goes translucent
5. Add the garlic for the last two minutes before adding the rice
6. Add the rice and stir and cover with the fat and onions watching until the grains of rice becomes translucent around the edges
7. If you're going to add wine, now's the time. Turn up the heat and splash it in whilst stirring until its quickly reduce and absorbed by the rice
8. Now add the bone broth, a spoonful at a time, stirring until it's completely absorbed by the rice and the pan is almost dry, then add the next spoonful. Repeat until all the broth is incorporated
9. Stir and test until the rice has a slight bite (al dente)
10. Now its time to stir in the puree to the risotto. Once mixed allow to sit for a few minutes. Then remove from the heat and add in the parmesan
11. If you're going to add nuts, in a dry pan, toast the pine nuts shaking the pan regularly to ensure they don't burn. This takes no more than 3 minutes on high heat
12. Serve the risotto with a crumbling of goats cheese and top with the pine nuts, a generous milling of black pepper