



THE WAY THE COOKIE CRUMBLES

A FOOD BLOG

Pumpkin Risotto (copied with no changes from Cucina Italiana April 2001)

3.5 cups chicken broth
1 small pumpkin (about ½ pound)
6 tablespoons unsalted butter
1 large leek, white part only, halved lengthwise, rinsed, and diced
1 cup Arborio rice
1 cup dry white wine
¼ cup Mascarpone
⅓ cup (.67 ounce) grated Parmigiano Reggiano

1. Heat broth in a small pan and keep it hot. Cut off the pumpkin stem. With a vegetable peeler, remove the skin. Cut the pumpkin in half, and remove and discard the seeds and stringy flesh. Dice enough of the pumpkin to make 1 cup. (Save any remaining pumpkin for another use; soup is a particularly good possibility.)
2. In a large saucepan, melt the butter. Add the pumpkin and leek, and cook over medium heat, stirring often, until softened, about 10 minutes. Add the rice and stir well to coat it with the butter. Cook, stirring, until the rice begins to crackle, about 5 minutes; do not let the rice brown.
3. Slowly add ½ cup of the broth and stir constantly until the rice absorbs all the liquid; add 2 tablespoons of the wine and continue stirring until it is absorbed by the rice. Continue adding broth and wine alternately to the rice, stirring all the while, until the rice is al dente and has a creamy consistency, about 15 minutes.
4. Stir in the Mascarpone and Parmigiano, blending well and stirring until the Mascarpone melts. Serve immediately.