Pumpkin Risotto

Recipe Source: Vegie Food

Equipment: | Ingredients:
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Large jug | 2L stock vegetable or chicken
Large saucepan | 500g rice aborio if possible
Electric pan | 2 Tbl sp oil
Wooden spoon | 1 Large brown onion
Measuring cups | 750g pumpkin
Measuring spoons | 75g Parmesan cheese
Grater | ½ cup parsley
Knives |
Ladle |

What to do:
1. Place the stock in the saucepan and bring to the boil, put the lid on and keep hot.
2. Peel and dice the pumpkin and set aside.
3. Dice the onions.
4. Heat the oil in the pan and sauté the onions until golden.
5. Add the pumpkin to the onions and sauté for a few more minutes.
6. Add the rice and stir through the vegetables and sauté for another minute.
7. Place the hot stock next to the pan and pour in 1 ladleful stir until absorbed.
8. Add the stock 1 ladleful at a time stirring and absorbing in between each ladleful. This should take at least 20-25 minutes.
9. When all the stock has been absorbed and the rice is tender and creamy turn off the heat.
10. Stir through the grated Parmesan and chopped parsley and serve.
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