



The Edible Garden

Recipe featured at the *Columbus Day Festival Weekend* demonstration,
October 10

Risotto with Winter Squash and Shrimp

By: Lidia Bastianich, TV personality, cookbook author, chef, and restaurateur

Ingredients (*Serves 6*)

1 pound small shrimp (about 35-40 per pound)
1 pound butternut squash or pumpkin, peeled, seeded, and cut into 1/4-inch cubes
3 tablespoons extra virgin olive oil
1 cup minced onions
2 tablespoons minced shallots
2 cups Arborio or Carnaroli rice
½ cup dry white wine
6 ½ cups hot vegetable stock or water
½ teaspoon salt, or as needed
½ cup chopped scallions, greens included (about 6), plus additional garnish if desired
Pinch of ground nutmeg, preferably freshly grated
½ cup freshly grated Parmigiano-Reggiano or Grana Padano cheese
2 tablespoons unsalted butter, cut into bits
Freshly ground black pepper

Instructions

1. In a heavy, wide, 3- to 4-quart casserole or pot, heat the olive oil over medium heat. Add the onion and shallots and cook them, stirring often, for several minutes. Add the squash and continue cooking for about 5 minutes more. Add the rice and stir to coat with the oil. Toast the rice until the edges become translucent, 1 to 2 minutes.
2. Pour in the wine and stir well until evaporated. Add ½ cup of the hot stock and the salt. Cook, stirring constantly, until all the stock has been absorbed. Continue to add hot stock in small batches— just enough to completely moisten the rice— and cook until each successive batch has been absorbed. Stir constantly and adjust the level of heat so the rice is simmering very gently while adding the stock until the rice mixture is creamy but al dente. This will take 16 to 20 minutes from the first addition of stock. In the last 5 minutes of this step (between 11 and 15 minutes), add the shrimp and scallions.
3. Remove the casserole from the heat. Beat in the butter until completely melted, then the grated cheese. Adjust the seasoning with salt, if necessary, and pepper. Serve immediately, ladled into warm shallow bowls. Top with additional scallions if desired.