

Risotto Butternut squash and Scallops

Recipe for 4

Description

Roasted squash risotto very good for winter season, comforting and full of flavor.

Note

The risotto should be very creamy and should take the shape of a wave, as of, Italian tradition also the cooking should be al dente.

Ingredients

Risotto

- 320 Gr Arborio rice
- 1 Unit(s) Butternut squash
- 1 Unit(s) White onion
- 3 Sprig(s) Sage
- 2 Liter(s) Vegetable stock
- 1 Clove(s) Garlic
- 100 Gr Butter
- 0.50 Cup(s) Parmesan
- 12 Unit(s) Scallops
- 500 Ml White wine

- Salt and pepper
- Olive oil

Preparation

- Preparation time **45.00 mins**

Roasted squash

Cut the squash into small cubes, about 4 centimeters, cut the garlic in half, put the squash in a teaspoon, season with the sage, salt and olive oil, place on a baking sheet and bake in the oven, for 30 min at 400 degrees.

Scallops

In a non-stick frying pan pour a drizzle of vegetable oil and a knob of butter, heat well, salt the scallops and sear them for about 1 minute on each side, after cooking pass in the oven for 2 minutes at 400 degrees.

In a flat plate pour the risotto that must be very creamy, tap the bottom of

the plate to spread it, place the scallops on top and garnish with small shoots.

Cooking the Risotto

In a saucepan, heat the vegetable broth, in another saucepan, pour a drizzle of olive oil and sweat the onion until tender, Add the rice and fry it until 'that the grains become translucent. Deglaze the risotto with the white wine, stir and allow the liquid to evaporate completely. Ladle in hot broth, stirring regularly until liquid is absorbed. Add the remaining broth, ladle by ladle, stirring constantly until the rice is cooked, but still al dente, about 20 minutes. Stir in the squash, cook an additional minute to heat everything. Remove from the heat, add the grated Parmesan and the cubes of butter.

Bon appétit!