# Risotto with leeks & winter squash

**1** Prepare the vegetables: Cut the squash into small cubes (up to you, mine were a tad smaller than a cm / ~1/4 inch), discard seeds and skin. Slice the white parts of the leek in small julienne stripes (roughly 8 cm/3 inches long).

**2** Heat the olive oil in a large pan and sauté the leek julienne over low to medium heat. The leeks are not supposed to brown, so you might add a little broth to prevent them from gaining color. When the leeks are soft (about 5 to 8 minutes), add the pumpkin cubes and cover with a lid. Make sure to stir frequently and add more broth if necessary. Stir in the chopped parsley as soon as the pumpkin has become soft (mine took less than 15 minutes) and remove from the heat until further use.

**3** Prepare the risotto: Add the shallots and half of the butter to a pot and sauté shortly until soft and translucent, but don't brown them. Add the rice and stir over medium heat to coat the grains with the butter, then add the white wine and stir as long as most of the liquid has evaporated.

**4** Now add a cup of the warm broth and stir gently until almost all of the broth is absorbed. Add a little broth at a time, continuously stirring and having an eye on the pot to not let the rice stick to the bottom. Do so for about 15-20 minutes, or until the rice is almost tender and done. Finally add the sautéed vegetables and cook for another minute or two.

**5** Fold in the grated Parmesan, the remaining butter and season with a pinch of nutmeg and freshly ground pepper to taste. Serve with additional grated Parmesan and chopped parsley.

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*Recipe source: Beaneaters & bread soup by Lori De Mori and Jason Lowe, p.88, adapted*

Prep time: ~10min., cooking: ~30min.

Ingredients (serves 2-3, depending on appetite):

* 300g winter squash
* 1 leek (only the white part)
* 3-4 tbsp olive oil
* ~ 1l vegetable stock
* 1-2 tbsp flat- leaf parsley, finely chopped
* 50g butter
* 1 large shallot, finely chopped
* 250g risotto rice (Arborio)
* 50ml dry white wine
* 30g Parmesan, freshly grated
* a pinch freshly ground nutmeg
* freshly ground black pepper
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* to serve (optional):
* grated Parmesan cheese
* fresh flat- leaf parsley, finely chopped

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