

RISOTTO CON LA ZUCCA
(PUMPKIN RISOTTO)

Serves 4

1 medium orange pumpkin
1 cup onions, chopped
1/2 cup celery, sliced
1/2 cup carrots, sliced
2 garlic cloves, chopped
1 bunch fresh parsley, finely chopped
1 cup short grain brown rice
1 quart vegetable stock
Olive oil (extra virgin, first cold pressed, and organic)
Parmesan cheese, freshly grated
Celtic sea salt and pepper

Peel and remove the seeds from the pumpkin and cut it into 1-inch pieces. Season it well with salt and pepper and some olive oil and roast it for 25 minutes in oven preheated at 400 F°.

In the meantime heat some oil in a big soup pot over low heat add the onions, garlic, celery, carrots and when the onions start to turn golden add the rice and sauté stirring for 3 minutes.

Add the vegetable broth, salt and pepper. Cover and bring to a boil, then reduce heat and simmer, covered for 25 minutes.

Add at this point the pumpkin and some broth if needed and continue to cook for 15 minutes longer.

Add the parsley and the Parmesan cheese. Serve warm.