



## **Butternut Squash Risotto**

**Cornerstone Dining Room**

**[www.rdc.ab.ca/hospitality](http://www.rdc.ab.ca/hospitality)**

**Serves 6**

### **Butternut Squash:**

1 medium Butternut Squash  
2 Tbsp. (30 ml.) Canola oil  
Salt and White Pepper to taste

Preheat the oven to 400F (205C).

Peel the squash with a sharp knife. Split in half and discard the seeds. Cut into 1 inch cubes then toss with the canola oil and the salt and pepper. Spread on a baking sheet and bake for 40 minutes turning occasionally.

### **Risotto:**

3 Shallots or 1/8 of a small onion  
2 Tbsp. (30 ml.) Canola oil  
2 cups (450 ml.) Arborio rice  
½ cup (110 ml.) Sauvignon Blanc or other light white wine  
6 cups (1.35 L.) Chicken stock  
½ cup (110 ml.) 32% cream  
½ cup (110 ml.) Parmesan cheese  
Salt & White Pepper to taste

Mince the shallots. Place the oil and minced shallots in a large heavy bottom pot and “sweat” slowly over low heat until soft and moist but not browned. Add the rice and stir until coated with the oil. Add the wine and stir until it is absorbed into the rice. Add the stock 1 cup at a time stirring constantly allowing the rice to simmer and absorb the stock between additions. Stir in the cream. The rice should be tender and creamy.

Remove from the heat and stir in the Parmesan cheese and roasted squash. Season with salt and white pepper.

Serve with a light tangy white wine such as Sauvignon Blanc or a crisp steely unoaked Chardonnay.

*The Cornerstone Dining Room is operated by the Students of the Hospitality and Tourism Management Program at Red Deer College. It is located in the 1500 wing on the west side of the campus. The Cornerstone is open to the public September through November and January through March. For more information, recipes, menus and reservations please see our web site at [www.rdc.ab.ca/hospitality](http://www.rdc.ab.ca/hospitality).*