



---

## PUMPKIN CARROT RISOTTO

---



### Ingredients

3 cups vegetable broth	¼ tsp salt
4 tablespoons butter	¼ tsp ground white pepper
1 small onion, diced	¾ cup Arborio rice
1 tbsp minced garlic	¾ cup dry white wine
1 tbsp grated fresh ginger	1 cup pumpkin purée
2 cups carrots, chopped	2 tbsp maple syrup
1 tsp herbs de Provence	¼ tsp nutmeg
1 ½ tsp dried sage	½ cup fresh parsley, chopped
1 tsp dried parsley	1 cup grated Parmesan cheese

#### *If using a fresh pumpkin:*

*Clean the pumpkin and cut into slices. Roast at 400° F for 40 mins drizzled with a little oil on a baking sheet. Once the pumpkin is cool, remove the skin. Purée the pumpkin flesh in a food processor with a few spoonfuls of water.*



### Instructions

Servings  
4

Cook Time  
45 mins

Total Time  
60 mins

1. Wash, peel and chop the carrots and onions, grate the parmesan, and measure out the herbs and seasonings.
2. Warm up the broth in a pot over medium-high heat. Keep at a simmer on a different stove burner until required later in this recipe. The broth must be quite hot when you use it later in step 8.
3. Melt 2 tbsp of the butter in a large frying pan over medium-high heat. Add the onions and garlic and sauté.
4. Reduce the heat to medium, then add the sliced carrots to the pan. Allow to brown for 6-8 minutes.
5. Season with salt and pepper. Add the ginger, sage, parsley and herbs de Provence.
6. Add in the Arborio rice. Move the rice around in the pan until it begins to crackle and turns translucent, about 5-8 minutes over medium heat.
7. Add the wine and stir constantly until all the liquid is absorbed.
8. Incorporate the hot broth into the frying pan of rice, one ladle-full at a time. Stir constantly and allow the rice to absorb the broth liquid before adding the next ladle-full. This process takes about 20 minutes.
9. Add the pumpkin purée, maple syrup, and nutmeg. Stir gently, scooping up from the bottom of the pan.
10. Turn off the burner heat, but keep the risotto pan on the hot burner. Add in the remaining 2 tbsp of butter and the grated cheese. Give the risotto one last vigorous stir for 1-2 minutes. This will make it extra-creamy and allow the flavours to meld.
11. Transfer the risotto to your serving plates. Top with fresh herbs and more salt and pepper to taste.