

# Butternut Squash Risotto

Rich and creamy butternut squash risotto with roasted squash, Parmesan, and fresh sage. Perfect fall comfort food that's elegant yet cozy.

10 min

PREP

30 min

COOK

40 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

## Butternut Squash Risotto

## Ingredients

- 1 cup rice
- 1 tbsp olive oil
- 2 tbsp unsalted butter
- 1 onion
- 2 clove garlic
- 1 cup white wine
- 4 cup vegetable broth
- 1 cup parmesan cheese
- 1 tbsp sage
- 1 tsp salt
- 1 tsp black pepper

## Instructions

- 1 Prepare the butternut squash**  
Preheat oven to 200°C (400°F). Peel 1 butternut squash and cut into 1cm (½-inch) cubes.
- 2** Toss the butternut squash cubes with 1 tablespoon olive oil and season with salt and pepper. Spread on a baking sheet and roast for 25-30 minutes until tender and lightly golden.
- 3 Prepare the base**  
Heat 4 cups vegetable broth in a saucepan over low heat. Keep at a gentle simmer throughout cooking.
- 4** Finely dice 1 onion and mince 2 cloves garlic. Heat 1 tablespoon butter and 1 tablespoon olive oil in a large heavy-bottomed pan over medium heat.
- 5** Add the diced onion and cook for 3-4 minutes, stirring occasionally, until soft and translucent. Add minced garlic and cook for 30 seconds until fragrant.
- 6 Toast the rice**  
Add 1 cup Arborio rice and stir constantly for 2-3 minutes until the grains are well-coated and edges become translucent.
- 7 Build the risotto**  
Pour in 1 cup white wine and stir constantly until completely absorbed, about 2-3 minutes.

- 8 Add one ladle of warm broth and stir frequently until almost absorbed. Continue adding broth one ladle at a time, stirring regularly, for 18-20 minutes until rice is creamy but still has a slight bite.
- 9 **Finish the risotto**  
Gently fold in the roasted butternut squash, letting some pieces break down to add natural sweetness and color to the risotto.
- 10 Remove from heat and stir in 1 tablespoon butter, 1 teaspoon fresh sage, and 1 teaspoon grated Parmesan cheese. Season with salt and pepper to taste.
- 11 **Serve**  
Serve immediately in warm bowls, garnished with additional Parmesan cheese and fresh sage leaves if desired.

## Tips

Always use warm broth when making risotto. Cold broth will slow down the cooking process and create an uneven texture.

Toast the rice in oil and butter before adding liquid. This step helps each grain maintain its shape and prevents mushiness.

Don't rush the process. Proper risotto takes 20-25 minutes of gradual broth addition and constant stirring.

Roast the butternut squash until slightly caramelized. This deepens the flavor and adds natural sweetness to balance the savory elements.

Use freshly grated Parmesan cheese for the best flavor and texture. Pre-grated cheese won't melt as smoothly into the risotto.

Taste and adjust seasoning at the end. The saltiness of the broth and Parmesan will affect how much additional salt you need.

Serve immediately for the best texture. Risotto continues to thicken as it sits, so timing is crucial for the perfect consistency.

Save some pasta water technique: reserve a cup of the warm broth to adjust consistency if the risotto becomes too thick before serving.