



Butternut Squash Farro Risotto

(Inspired by America's Test Kitchen and Saveur.com)

Ingredients:

One medium butternut squash (2-3 pounds raw weight)
Oil for roasting
1 tablespoon, plus 1 teaspoon sage, chopped
1 cup farro
3 tablespoons butter
1 onion, finely chopped
3 cloves garlic, finely chopped
1 sprig thyme
½ cup white wine
1 cup vegetable stock
1 ½ cups shredded parmesan
Optional: 2 tablespoons heavy cream and 1 teaspoon miso paste

Instructions

Preheat oven to 425°.

To aid in butternut squash preparation, stab multiple times with a fork and microwave for 4-6 minutes. Cut off the bottom and peel off the skin. Slice lengthwise, scoop seeds, and cube.

Combine oil and squash (approximately 3 tablespoons, but use enough so that squash pieces are shiny and none look dry). Spread on a parchment lined baking sheet and roast for 35-40 minutes. Once edges look golden/brown and squash is tender, remove from oven and immediately sprinkle with 1 tablespoon sage. Set aside.

While squash is baking, bring 4 quarts of water to boil. Add farro and cook for 15 minutes. Reserve 1 cup of cooking liquid, strain farro, and set aside.

In a medium or large sauce pot or dutch oven, melt butter and add onion, garlic, and thyme. Cook on medium-low heat until onions begin to brown, about 10 minutes. Add farro and stir to coat with the butter. Add wine and cook until alcohol smell is gone.

Reduce heat slightly and add ¼ cup of the chicken stock. Alternating with the farro cooking liquid, continue to add ¼ cup of liquid. Only add liquid once the previous ¼ cup has been completely absorbed. After adding the last ¼ cup, stir in the butternut squash/sage mixture.

Remove from heat. At the time of serving, add heavy cream, parmesan cheese, miso paste, remaining sage, salt and pepper to taste.