

Butternut Squash Risotto with Crispy Sage paired with Davis Estates Chardonnay

INGREDIENTS:

Butternut Squash Risotto

4 cups butternut squash, peeled, seeded and medium dice
6 cups vegetable broth (chicken or fish broths can be used too).
½ cup finely chopped shallot
3 tablespoons olive oil
1 ½ cups arborio rice
4 garlic cloves, minced
½ cup Davis Estates Chardonnay
36 Haricot Verts (can substitute green beans or yellow wax beans etc.)
⅓ cup grated Parmesan cheese
¼ cup heavy cream
2 tablespoons unsalted butter
Salt and Pepper to taste

SERVES: 4-6

Crispy Sage

10 sage leaves
1 cup vegetable oil



METHOD:

Crispy Sage

- In a small heavy bottom saucepan heat 1 cup of oil to 350°F.
- Add in sage leaves and fry for 1-2 minutes or until slightly crisp (they will crisp up as the leaves cool).
- Remove from oil and lay on paper towels to drain.

Butternut Squash Risotto

- In a large sauté pan over medium heat add 1 tablespoon olive oil and butternut squash, pinch of salt and black pepper stir and cover. Allow squash to cook, stirring occasionally until tender but not falling apart, about 10 minutes.
- Remove from heat, uncover and allow to cool at room temperature.
- Warm vegetable broth in a large saucepan.
- In a Dutch oven, over medium heat, sauté shallots in 2 tablespoons olive oil until soft. Add rice, garlic and a good pinch of salt; cook and stir for 2-3 minutes. Reduce heat; stir in wine. Cook and stir until the liquid is absorbed.
- In a medium saucepan bring water to a boil, add a pinch of salt. Place Haricot Verts in boiling water and cook for 2-4 minutes or until al dente.
- Add warm broth to rice, 1/2 cup at a time, stirring constantly and allowing the liquid to absorb between additions. Cook just until risotto is creamy and rice is almost tender, about 15 to 20 minutes.

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- Add parmesan cheese, butter and heavy cream, mix well then add squash. Cook and stir until heated through.

To Finish

In serving bowls, dish your Butternut Squash Risotto. Garnish with crumbled and whole fried sage leaves and Haricot Verts and finish with remaining broth around serving bowl. Enjoy with a glass of Davis Estates Chardonnay.