

Creamy Farro Risotto with Delicata Squash paired with Davis Estates Zephyr

INGREDIENTS:

Creamy Farro Risotto

2 cups farro
2 cups vegetable stock
½ cup cream
2 tablespoons butter
¼ cup white wine
¼ cup shredded parmesan
Salt and pepper to taste

Garlic Herb Breadcrumbs

2 cups sourdough bread cut into small ½ inch crouton sized pieces
½ cup olive oil
¼ cup finely chopped garlic
¼ cup finely chopped parsley
1 bunch chives finely chopped
Salt and pepper

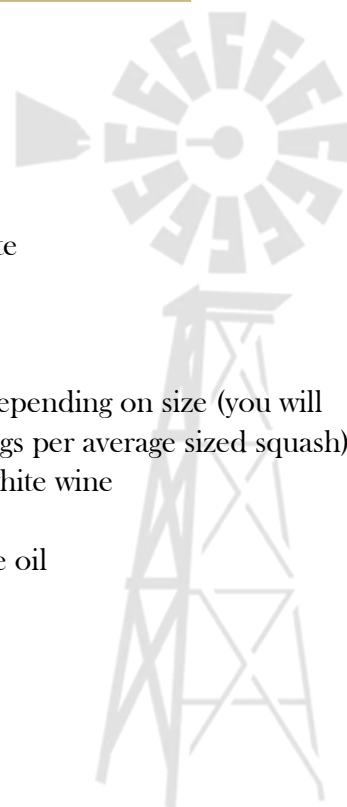
SERVES: 4

Toasted Almonds

1 cup Almonds
Salt and pepper to taste
1 tablespoon olive oil

Delicata Squash

1-2 Delicata Squash depending on size (you will get between 10 -15 rings per average sized squash)
¼ cup Davis Estates white wine
2 tablespoon butter
2 tablespoon vegetable oil
Salt and pepper



METHOD:

Creamy Farro Risotto

- Thoroughly rinse your farro under cold water until the water runs clear.
- In a medium pot, combine the farro with 6 cups of cold water and 1 tablespoon kosher salt. Bring to a gentle simmer over medium heat.
- Cook until the farro is tender but still pleasantly al dente, 20-30 minutes, depending on the variety.
- Strain and rinse with cold water until the farro is cool to the touch.
- In a medium heavy-bottomed pot over medium heat, combine the cooked farro, vegetable stock, and white wine. Bring to a gentle simmer and cook for 3-5 minutes, stirring frequently, until the liquid begins to reduce.
- Stir in the heavy cream and butter. Continue cooking, stirring frequently, until most of the liquid has been absorbed and the mixture begins to thicken.
- Reduce the heat to low and fold in the Parmesan. Continue stirring until the cheese is fully melted and the farro is creamy and velvety. Season to taste with kosher salt and freshly ground black pepper before serving.

Garlic Herb Breadcrumbs

- Preheat your oven to 350°F and line a baking sheet with parchment paper.
- Place your cut up bread in a bowl and set aside.

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- In a small saucepan combine the garlic and olive oil and cook on medium heat until the garlic starts to bubble just a little bit.
- Pour the garlic oil over the cut bread in the bowl and then add the parsley and chives. Toss the bread until evenly coated. Season with a big pinch of salt and pepper.
- Place your bread on the lined baking sheet and bake for 15 minutes or until completely crunchy.
- Let the bread cool completely, then transfer to a food processor. Add 1 tablespoon of olive oil and pulse until you have the desired consistency. Add additional salt and pepper if needed.

Toasted Almonds

- Preheat your oven to 325°F.
- Add your almonds to a baking sheet and dry roast them for 15 minutes.
- Add the almonds to a food processor with a big pinch of salt and pepper and olive oil. Pulse until they are finely chopped.

Delicata Squash

- Cut the squash into ¼ inch thick rings, feel free to go thicker but note the cooking time will increase, and remove the seeds.
- In a large sauté pan over low to medium heat add a drizzle of vegetable oil and your squash rings.
- Once the rings start to brown on one side (5-6 minutes) add about a tablespoon of butter and cook for another 2-3 minutes.
- Add the wine and drop the heat to low. Cook until the wine is mostly reduced and then flip the rings. Cook for another 3-4 minutes until tender. Season with salt and pepper.

To Finish

On a warm plate or serving platter, add your Delicata Squash rings. Place the Creamy Farro Risotto over the top. Garnish with a sprinkle of Garlic Herb Breadcrumbs and Toasted Almonds. Serve immediately with a glass of Zephyr.