

Mushroom Pumpkin Risotto

This Pumpkin and Mushroom Risotto is the perfect creamy comforting dish to make on a crispy winter evening. Topped with sauteed mushroom and pecorino cheese.

Ingredients

- 1 tbsp avocado oil + 1 teaspoon butter (or more oil)
- 2-3 cloves garlic, thinly sliced
- 9 medium crimini mushrooms (250g), cleaned and sliced*
- 1 tbsp finely chopped fresh rosemary leaves (or 1 tsp dried)
- 1 tbsp fresh thyme leaves (or 1 tsp dried)
- 1-2 tablespoon dry white wine

Pumpkin Risotto:

- 3 cups vegetable stock
- 1 cup canned pumpkin
- 1 tbsp avocado oil
- 1 medium yellow onion, finely chopped
- 2-3 cloves of garlic, minced
- 1 tbsp finely chopped fresh rosemary (or 1 tsp dried)
- 1 tbsp butter (or more oil)
- 1 ½ cup arborio rice
- ½ cup dry white wine
- 1 tbsp balsamic vinegar (optional)
- ½ cup grated Pecorino cheese or Parmesan (plus more for serving)
- ½ tsp sea salt
- Black Pepper to taste

Directions

- Heat a large pan over medium-high heat. Add the oil and butter if using.
- Add the sliced garlic and cook for 1 minutes. Add the mushrooms, rosemary, and thyme, and toss. Cook for 5 minutes.
- Add a splash of white wine to deglaze the pan, lower the heat to medium, and cook for 10 more minutes stirring frequently. Take off the heat and set aside until ready to serve.

Pumpkin Risotto:

- Combine the vegetable stock and canned pumpkin in a small saucepan and warm up over medium heat. The rest



- goes fast so make sure you have everything ready.
- Heat a large pot over medium-high heat. Add the avocado oil and the yellow onion. Saute for 5 minutes stirring frequently. Add the minced garlic and cook for 30 seconds just until fragrant.
- Add the butter, and the arborio rice. Toast it for 1-2 minutes, stirring constantly.
- Pour in the wine to deglaze the pot. Wait for it to evaporate 1-3 minutes but don't let it burn. Lower the heat to medium.
- Start adding the warm pumpkin stock mixture into the rice.
- Add 1-2 ladles at a time while stirring constantly. Always wait for the rice to soak up most of the liquid before adding more but don't let it burn. It's really a simple process once you get the hang of it. This takes 15-20 minutes until you use up all the liquid. Taste the rice and add more of it's still too hard.
- When almost done, add the balsamic vinegar, Pecorino, sea salt, and pepper. Taste and adjust to your liking.
- Stir in half of the sauteed mushroom and serve immediately topped with more mushrooms and Pecorino.