
CARE TO COOK
Community
Integrated
Care
BUTTERNUT
SQUASH
RISOTTO

What you will need

For the Risotto



500g Unsalted Butter



1 Chopped Onion



1 Chopped Leek



350g Risotto Rice



2 Litre Vegetable Stock



60g Parmesan/Cheddar



8 Tablespoons Chopped Herbs



Salt and Pepper

What you will need

For Vegetarians



1 Small Butternut Squash



Rapeseed Oil



Thyme



Salt and Pepper

COOKING

RISOTTO

RICE

Method

Wash your hands and put on your apron.



Pour the vegetable stock into a saucepan, bring to boil and simmer. Keep over a very low heat.



Melt the butter in a frying pan.



Add risotto rice to the frying pan and stir well, until all the rice is coated.



Add a ladle of stock to the frying pan.



Allow the risotto rice to absorb the stock completely, stirring all the time.



Add another ladle and repeat again until all the stock has been used. The heat should be at a gentle simmer throughout for about 25 to 30 minutes.



Once cooked, stir in the parmesan and herbs, leave a few herbs back for decoration.



COOKING BUTTERNUT SQUASH

Method

Wash your hands and put on your apron.



Cut the butternut squash in half lengthways and remove the pips.



Peel the skin off the butternut squash.



Cut the butternut squash into cubes



Melt rapeseed oil in a frying pan.



Add the butternut squash to the pan.



Cook the butternut squash on a medium heat, turning it over a couple of times.



The butternut squash will take 25 to 30 minutes to cook.



Add thyme half way through the cooking of the squash to season.



Add the cooked butternut squash to the risotto and season!

