

# Garden Risotto

YIELD: Serves 4

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## INGREDIENTS:

### For the Vegetable Stock:

1 Yellow onion, peeled and chopped  
3 Stalks celery, peeled and chopped  
2 Large carrots, peeled and chopped  
4 Cloves of garlic, smashed  
1 Bunch of thyme  
2 Bay Leaves  
2 tbsps Black peppercorns  
4 qts Cold water

### For the Butternut Squash Puree:

2 cups Butternut squash, peeled, seeded, and medium diced  
4 tbsps Butter  
2 cups Vegetable Stock

### For the Purple Carrot Puree:

4 cups Purple carrot, peeled and diced  
1 cup Purple sweet potato, peeled and diced  
4 tbsps Butter  
4 cups Water

### For the Meyer Lemon Creme Fraiche:

1 cup Creme fraiche  
2 Meyer lemons, zested and juiced  
1 cup Grated parmesan cheese

## PREPARATION:

### To Make the Vegetable Stock:

Combine onions, carrots, celery, garlic, thyme, bay leaf, peppercorns, and cold water in a heavy bottom stock pot. Bring to a boil and lower to a slow simmer. Let simmer for about 2 hours. Strain stock, pushing the liquid out of the vegetables while straining.

### To Make the Butternut Squash Puree:

Large-dice butternut squash and combine in a heavy bottom stock pot with butter and vegetable stock. Simmer until the squash is completely tender and puree in a blender until smooth. Reserve.

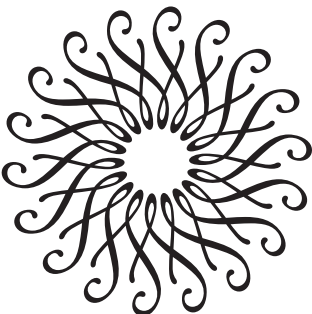
### To Make the Purple Carrot Puree:

Combine carrot, sweet potato, butter, and water in a heavy bottomed pot, and simmer until carrots and sweet potato are completely tender. There should be almost no liquid remaining once cooked. Puree in a blender until smooth. Reserve.

### To Make the Meyer Lemon Creme Fraiche:

Combine creme fraiche, lemon zest, half the juice, and grated parmesan in a bowl. Whisk to combine. Reserve.

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# LONGWOOD GARDENS

## For the Risotto:

<b>2 cups</b>	<b>Arborio rice</b>
<b>1</b>	<b>Yellow onion, peeled and minced</b>
<b>¼ cup</b>	<b>Vegetable oil</b>
<b>2 cups</b>	<b>White wine</b>
<b>2 qts</b>	<b>Vegetable stock, held hot</b>
<b>½ cup</b>	<b>Meyer lemon creme fraiche</b>
<b>½ cup</b>	<b>Purple carrot puree</b>
<b>½ cup</b>	<b>Butternut squash puree</b>

## To Make the Risotto:

In a large, wide sauce pot, sweat onions and canola oil on low heat until onions are translucent. Add the arborio rice and lightly toast in the oil until just fragrant (about 5 minutes). Add the white wine and reduce until all the wine has cooked out. In 2-cup increments, add the hot stock and stir continuously, waiting for all the stock to reduce before adding more. Continue adding stock until the rice is just tender but still has that “al dente” bite. Once the rice is cooked, add creme fraiche, and season with salt and pepper.

Finally, separate the risotto evenly into 3 separate pots. In one pot, add purple carrot puree, and in another add the butternut puree.

To plate, spoon a little bit of the butternut, carrot, and vegetable risottos into a mosaic type pattern. Finish with a light dusting of fresh parmesan cheese, some seasonal flowers from the garden, and a drizzle of extra virgin olive oil. If you prefer, add a light sprinkle of dehydrated vegetable powders. We make ours using vegetable peels and leaves preserved from previous seasons.

