



Butternut Squash and Pancetta Risotto with Spiced Butter

 **Gluten Free**

READY IN



50 min.

SERVINGS



6

CALORIES



424 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup arborio rice
- 2 bay leaves
- 0.5 teaspoon peppercorns whole black
- 1 tablespoon brown sugar
- 2 carrots chopped
- 2 stalks celery cut into 2-inch pieces
- 1 teaspoon chervil leaves finely chopped

- 5 pounds chicken bones rinsed well
- 2 teaspoon sage leaves fresh finely chopped
- 1 sprig thyme leaves fresh
- 1 teaspoon thyme leaves fresh finely chopped
- 3 cloves garlic smashed
- 4 cloves garlic
- 1 pinch ground cinnamon
- 1 pinch ground ginger
- 1 teaspoon kosher salt
- 1 stalk leek cleaned sliced into 2-inch pieces
- 0.5 teaspoon marjoram leaves finely chopped
- 1 tablespoon olive oil
- 2 onions chopped
- 0.3 pound pancetta
- 3 sprigs parsley fresh italian
- 0.5 cup shallots minced
- 1 pound baby squash cut into 3/4-inch cubes
- 2 tablespoons butter unsalted
- 4 tablespoons butter unsalted room temperature
- 20 cups water cold
- 0.5 cup white wine

Equipment

- bowl
- frying pan
- sauce pan
- pot

Directions

- For the butter: In a bowl, crush the roasted garlic with a spoon.
- Mix in the butter, chervil, marjoram, ground cinnamon, and ginger and set aside.
- For the butternut squash: In large skillet melt the butter over medium heat.
- Add the squash and season with salt. Cook for 6 minutes until golden on all sides.
- Add brown sugar and cook until the squash is caramelized and tender, but not mushy. Set aside and keep warm.
- For the risotto: Bring chicken stock to a boil over high heat. Reduce the heat to low and keep warm.
- Heat olive oil in a heavy bottomed saucepan add the pancetta and saute until lightly browned.
- Add the shallots, stirring until softened.
- Pour in the arborio rice, sage and thyme cook for 4 minutes, stirring until well coated.
- Turn the heat to high and add the white wine, simmer until mostly absorbed.
- Add the hot stock 1/2 cup at a time, stirring constantly until absorbed by the rice. Continue to add stock 1/2 cup at a time, stirring to release the starch. Check rice for doneness after 18 minutes, rice should be al dente but cooked through.
- Stir in Italian parsley, kosher salt, pepper, and 3 tablespoons of the spiced butter.
- Gently fold in the squash.
- Serve immediately.
- Place the chicken bones in a stock pot and cover with the cold water. Bring to a boil, skimming the fat and foam from the surface of the stock.
- Add the carrots, onions, celery, leek, parsley, thyme, bay leaves, black peppercorns, and garlic. Reduce the heat to medium-low and simmer for 2 hours.
- Cool slightly and strain the stock into a container and store in the refrigerator for up to 1 week or freeze up to 1 month.
- Cooking Time: 2 hours

Nutrition Facts

  

 PROTEIN 6.67%  FAT 46.62%  CARBS 46.71%

Properties

Glycemic Index:80.64, Glycemic Load:23.62, Inflammation Score:-10, Nutrition Score:23.21260879869%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 1.48mg, Apigenin: 1.48mg, Apigenin: 1.48mg, Apigenin: 1.48mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Nutrients (% of daily need)

Calories: 424.49kcal (21.22%), Fat: 21.65g (33.31%), Saturated Fat: 10.15g (63.45%), Carbohydrates: 48.81g (16.27%), Net Carbohydrates: 43.98g (15.99%), Sugar: 8.1g (9%), Cholesterol: 42.57mg (14.19%), Sodium: 588.26mg (25.58%), Alcohol: 2.06g (100%), Alcohol %: 0.18% (100%), Protein: 6.97g (13.93%), Vitamin A: 11926.06IU (238.52%), Copper: 2.35mg (117.44%), Manganese: 0.88mg (43.83%), Folate: 121.78µg (30.44%), Vitamin C: 24.39mg (29.56%), Vitamin B1: 0.37mg (24.86%), Vitamin B6: 0.43mg (21.65%), Fiber: 4.82g (19.29%), Vitamin K: 19.19µg (18.28%), Vitamin B3: 3.44mg (17.22%), Potassium: 597.84mg (17.08%), Iron: 2.83mg (15.74%), Magnesium: 61.62mg (15.41%), Selenium: 10.43µg (14.9%), Vitamin E: 2.03mg (13.53%), Phosphorus: 130.92mg (13.09%), Calcium: 112.93mg (11.29%), Vitamin B5: 1.08mg (10.84%), Zinc: 1.1mg (7.36%), Vitamin B2: 0.1mg (5.65%), Vitamin B12: 0.12µg (1.97%), Vitamin D: 0.29µg (1.9%)