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### Squash Risotto

#### Ingredients

2 cups of acorn squash 'balls' (use a melon baller or parisienne scoop)  
2 ounces of extra virgin olive oil  
1/2 cup of chopped onion  
2 cloves of minced garlic  
1/2 cup of good white wine  
2-3 cups of rich chicken broth  
1 tablespoon of minced rosemary  
1/2 cup of freshly grated parmesan cheese  
1/2 cup of toasted sunflower seeds  
salt and pepper

#### Instructions

Heat a thick bottomed pot large enough to accommodate almost all of the squash in a single layer. Heat the pot until it is very hot than in quick succession add the oil and squash. Stir the squash quickly as it caramelizes and the outside of the balls begin to darken. When they are well toasted reduce the heat to medium and add the onions. Stir for a few minutes as the onion also caramelizes a bit. Add the garlic and stir until it is fully aromatized, a minute more.

Add the white wine and stir as it reduces coating the squash. Reduce the heat to low. Add half of the chicken broth and rosemary and continue stirring as the squash cooks. If needed add more of the chicken broth until the squash is just cooked. Adjust the heat as needed trying to evaporate the liquid and glaze and cook the squash simultaneously.

When the squash is tender (not mushy), add the cheese, sunflower seeds and season to taste with the salt and pepper.

Serve immediately or hold for five minutes before serving.

Yield: 4 servings

#### Credits

Recipe from: [The Inn Chef : Creative Ingredients, Sensational Flavors](#) by Michael Smith (Callawind Publications)

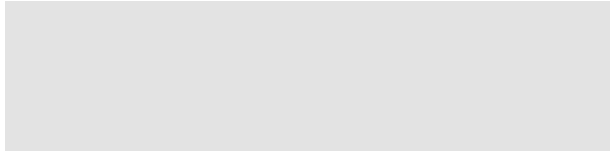
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