Barley Risotto with Delicata Squash

Uncooked Pearled Barley 1#

Delicata Squash 3 # Peeled and diced

Onions 1 large Cleansed and diced

Garlic 3 cloves minced

White Wine ¾ cup

Olive Oil 3 T.

Heavy Cream 3 T.

Vegetable Stock (or broth) 4 -8 cups

Parmesan Cheese 2/3 cup

Steam squash to tender (~10-15 mins) and set aside. Over medium heat, sauté onions and garlic in olive oil in a medium sauce pan until onions are translucent. Add Barley and sauté until “toasted” (just beginning to brown) and coated with oil. Add white wine to deglaze the pan. Add veg Stock one cup at a time, stirring continuously. Adjust heat so that the barley and stock simmer. As barley absorbs the liquid, continue adding stock and stirring until the barley becomes thick and creamy. Taste for doneness. Add parmesan cheese, squash and cream. Heat, add salt and pepper to taste.