



40'



4 PAX



DIFFICULTY  
MEDIUM



LACTO-VEGETARIAN



KCAL\*  
461

#### NUTRITIONAL INFORMATION (by ration)

11,2	Protein
64,9	Carbs
16,1	Total fat
4,4	Saturated fat
8,7	Monounsaturated fat
2	Polyunsaturated fat
0,01	Cholesterol
2,5	Fiber
1,12	Sodium

#### ALLERGENS

Sulphites, celery (broth), lactose

\* Kcal by ration



RICE

## BUTTERNUT SQUASH MANCHEGO RISOTTO

PONS

PAIR:



**PONS  
SELECCIÓN FAMILIAR**  
EVOO Arbecuina



**PONS FRESH  
CRUSHED WITH  
SAFFRON**  
EVOO with Saffron



**SISQUELLA**  
White wine



**ROC DE FOC**  
White wine

#### INGREDIENTS

- 300 g** Arborio rice
- 300 g** Butternut squash, cleaned
- 75 g** Onion, cleaned
- 1 L** Vegetable stock
- 50 g** Manchego cheese, preferably artisan
- 50 ml** Dry white wine
- 20 ml** Pons Selección Familiar Arbecuina EVOO
- 20 ml** Pons Fresh Crushed with Saffron
- Salt
- Pepper

#### UTENSILS



Oven



Casserole



Wooden  
spoon



Chopping  
board

#### OBSERVATIONS

\*\*All'onda texture: culinary technique to produce a completely uniform and creamy risotto by sautéing the rice with short, rapid movements to create a wave, visually speaking.

\*Mantecare: to add, after cooking, a fat like butter or EVOO with Manchego cheese.

#### ELABORATION

1. Brunoise the onion (cut very fine) and add to the casserole pan with Pons Selección Familiar Arbecuina EVOO on low heat. 🔥
2. Allow the onion to evaporate its cooking juices and take on a lovely golden colour. Stir the mixture constantly. 🔥
3. After browning the onion, add the dry white wine and allow to evaporate entirely. 🔥
4. After evaporating the wine, add the butternut squash, diced into small cubes of approximately 0.5 cm. 🔥
5. Sauté the mixture for about 5 minutes until the butternut squash loses its raw consistency and starts to be al dente (soft but resistant). 🔥
6. After adding the rice, bring the vegetable stock to boil in a separate pot. 🔥
7. Return once again to the casserole pan; add the rice and turn over a few times with a ladle. Next, add a fourth of the very hot stock and allow to evaporate. 🔥
8. Add the rest of the stock gradually, allowing it to evaporate until the starchy content of the rice grain begins to come free and the mixture starts to take on a creamy consistency (approx. 15-18 minutes). Correct salt and pepper when ready. 🔥
9. When the grain is soft and the mixture is still moist, remove the casserole pan from the heat and, with the rice still very hot, proceed to mantecare\* with the manchego cheese. 🔥
10. To mantecare, grated manchego cheese must be added (the smaller the gratings, the sooner it will integrate into the mixture) until it melts and is totally integrated into the risotto, providing a creamy "all'onda" consistency. 🔥
11. On the plate, very hot, dress with a bit of Pons Fresh Crushed with Saffron.

🔥 High heat 🔥 Medium heat 🔥 Low heat