

Kasha Risotto with roasted squash, Parmesan and green onions - Virtual Workshop Version

Recipe for 2

Description

Behind this exotic name we will find some roasted buckwheat seeds. It's smoky taste is delicious and is so easy to cook. As a bonus, it is extremely healthy.

We write in Kacha in Russia which means "porridge".

Note

Knowing we are using the risotto technique, this recipe is completely doable with the risotto Arborio rice, quinoa, pasta, etc.

For our Vegan friends, remove the Parmesan and add some nutritional yeast instead.

Ingredients

Risotto

- 150 Gr Kasha (grilled sarasin)
- 0.50 Unit(s) Red onion
- 40 Ml White wine
- 1 Liter(s) Vegetable stock
- 50 Gr Grated parmesan
- 1 Pinch(es) Paprika
- 1 Unit(s) Green onion
- 125 Gr Butternut squash
- 2 Sprig(s) Thyme
- 2 Clove(s) Garlic

- Olive oil

Preparation

- Preparation time **45 mins**
- Preheat your **Oven** at **400 F°**

To prepare before class

Ingredients

Make sure all your ingredients are weighed and ready.

Material

1 cutting board, 1 chef knife, 1 pairing knife.

1 mixing bowl, 1 baking sheet, 1 cooking pot, 1 wooden spoon, 1 ladle, 1 cheese grater and 1 peeler

Prep with the chef

In a large cooking pot, prepare the vegetable stock, keep it warm.

Cut the squash in half a centimeter cubes. Squish the garlic cloves without peeling them. Turn the oven on to 400F.

Slice the green onion in thin long pieces, keep them in a bowl with cold water in the fridge.

The Risotto

Squash

In a bowl, mix the squash cubes with a drizzle of olive oil, the garlic and the thyme, mix well. Spread on a baking sheet and roast in the oven for 10 minutes. Verify if it's properly cooked with a pairing knife.

Risotto

In a cooking pot, sauté the red onion in some olive oil. Gently mix until the onions are transparent, then add the kasha.

Heat for 1 or 2 minutes while mixing. If you wish, add the white wine and let it reduce and evaporate completely.

Then add the hot vegetable stock one ladle at a time until the previous one is absorbed.

Mix regularly so the kasha doesn't stick.

Continue the process for 7 to 8 minutes then add the grated Parmesan, the paprika and the roasted squash, gently mix then cover.

Turn off the heat and let rest for 5 minutes. Add the green onions on top as a decoration then serve !

Bon appétit!