

# How to Make: Baked Butternut Squash Risotto

With Cynthia at Down to Earth

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Cynthia: Hi everyone! I'm Cynthia...

I don't know about you...

But I love the holiday season!

I love hanging out with my friends and family...

And I love sharing homemade natural foods from my kitchen.

Today we're going to share one of my favorite recipes...

Which is "Baked Butternut Squash Risotto..."

Super easy and super delicious!

The first step we're going to do is...

Prepare our butternut squash...

So you just take your squash...

And you want to cut the bottom and the top off.

And cut it down the middle...

And clean out the seeds inside...

So it's nice and hollow like the ones we have here...

And we're going to take our paring knife...

And we're going to score the squash...

Just slightly...

Into little one-inch rows...

Doesn't have to be perfect.

This is just going to help our squash cook very thoroughly...

While it's in the oven...

And you can do this for both sides of the squash.

Once you're done scoring the squash...

You're just going to pour about a quarter cup of Olive oil over both of them.

So just pour it right on top.

And then you're just going to season it with a little bit of salt and pepper.

I'm just going to sprinkle it on top...

And then you're going to use your hands to rub in the mixture all over the squash.

You're just going to massage your oil and your seasonings...

Into the squash...

And then once you're done...

Just flip it over...

And we're going to bake it in our oven...

At 400 degrees for half an hour...

While your butternut squash is baking in the oven...

We're going to get started on our risotto.

One of my favorite things about this dish is...

Actually the oven does most of the cooking for you.

But we're going to help it out just a little bit...

In the pan, we have some onions and garlic...

Which we're just going to saute until they're nice and fragrant.

And then we're going to add some salt and pepper...

So just a pinch of salt, and a little bit of pepper.

Just for seasoning...

Give that a good stir...

And then we're going to add our Arborio rice...

Which is traditional rice they use in risotto...

You can also use brown rice or Quinoa...

We're just going to use this...

And stir it right in...

And all you need to do is kind of toss it with the garlic and the onions...

Just so that it's coated with the oil...

That we started sautéing earlier...

Once your rice is coated with the oil mixture...

We're going to add a little bit of Mirin...

This is a rice sweet cooking wine...

And just stir it in until most of the moisture is absorbed.

Once the Mirin is absorbed...

We're going to add two and a half cups of vegetable broth...

Be careful... it's going to steam up really quickly.

[Sizzling Sound]

Pour it all in...

And we're just going to let this sit on a medium to medium-high heat...

Until it boils very slightly...

So I'm going to turn up my heat...

And give it a couple of minutes to boil...

Once your mixture comes to a boil...

Turn the heat off...

And let it sit for a little bit...

You're going to remove your squash from the oven...

And let it rest until its cool enough to the touch...

So I have my squash ready to go...

And you can see how nice and juicy it looks...

And all you're going to do is scoop the flesh out...

And be careful not to break the shell...

Because we're going to use the shell as your little presentation plate later...

So just take the squash, and gently scoop it out...

And put it into the pan...

That one wanted to stick on there...

There you go...

Once you mix your squash into your rice mixture...

We're going to add a little bit of Parmesan cheese...

You can use a vegan Parmesan cheese or a nutritional yeast...

If you don't do dairy...

And we're also going to add a little bit of Italian seasoning...

Right on top...

Give it a good mix...

And then we're going to transfer it into an eight by eight baking dish...

You want to do this very slowly and very carefully...

Because you don't want to spill... spill it out...

Or you don't want to burn yourself as well...

So really slowly...

Pour it in...

And then, once you're done...

We're going to bake it in the oven for thirty to forty minutes...

Once the risotto has cooked and has cooled down a little bit...

We're going to stuff it into our butternut squash shells...

That we saved from earlier.

Simply scoop the risotto into the empty shells...

And fill it up on both sides...

We're going to garnish our risotto with a little bit more Parmesan cheese.

And also our Italian seasoning as well...

Hope you enjoy this video today...

If you'd like to see more holiday recipes...

Please check out our website at [DowntoEarth.org](http://DowntoEarth.org).

Happy Holidays everyone!

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