



BARLEY SQUASH RISOTTO

We are trying to eat a larger variety of grains at home and this seemed like a perfect healthy twist on a Italian comfort dish. Barley is a great grain that is richer in vitamin B, iron and fiber than arborio rice but can be cooked very easily. It offers a nutty earthy side to the dish that really pairs well with the herbs and squash and balances Undici's deep fruit and tannins.

Serves 4

INGREDIENTS:

2 - 2 ½ cups butternut squash, peeled & cubed into bite size chunks

1 medium yellow onion, finely chopped

2 cloves garlic, minced

1 ½ cups barley, rinsed and picked over

4 ½ cups chicken or vegetable stock

1 cup Palmina Undici (optional)

2 tbsp fresh sage chopped (2 tsp dried)

1 tbsp olive oil

½ cup granulated or freshly grated parmesan cheese



METHOD:

In a medium saucepan over medium- high heat, bring broth to a gentle boil; then reduce heat to low.

Heat olive oil in heavy bottomed pan. Add the onion and cook on medium heat for 5-8 minutes until translucent, not browned.

Add barley and cook, stirring, for 2 minutes. Add wine and stir constantly until absorbed, about 1 minute. Add ½ cup broth, 1 teaspoon sage. Stir frequently until the liquid is absorbed.

Add squash and continue adding liquid (broth) adding ½ cup at a time, until barley is tender yet al dente, about 30 minutes. Remove from heat and stir in the cheese. Season with salt and pepper if needed. Garnish with thyme.