



Bloomingtondale's
Thursday, December 10, 2009

“What’s Cooking?” with Cooking for the Clueless
with Zuzy Martin Lynch & Chef Preston Dishman of Viognier

Butternut Squash Risotto

Ingredients:

2 T Olive Oil

1 C Arborio Rice

1/2 C Yellow Onion, diced fine

2 C Butternut Squash, diced 1/2 inch

2 T Dry White Wine

3 C Vegetable Stock, brought to a simmer and kept warm

3 T Unsalted Butter

1/2 C Parmesan Cheese, grated

2 T Parsley, chopped fine

Preparation

Bring the vegetable stock to a simmer in a large saucepan. Keep warm over low heat.

Heat the olive oil in a Dutch oven over medium heat. Add the onion and squash and cook 4 minutes or until lightly caramelized, stirring frequently. Add the rice and cook an additional 6 minutes until squash is tender and rice is lightly toasted. Deglaze with the white wine. When wine is evaporated add 1/2 of the warm vegetable stock. Cook until liquid is nearly absorbed, stirring constantly. Add the remaining broth mixture, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 30 minutes total). Remove from the heat. Taste and season with salt and pepper. Fold in butter, parsley and grated cheese. Divide among plates or bowls and serve.

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Milk Chocolate Panna Cotta

Ingredients

1 C Whole Milk

1 Package Powdered unflavored gelatin

2 C Heavy Cream

1/2 C Sugar

14 oz Milk Chocolate, finely chopped

Preparation

Pour the milk in a mixing bowl. Sprinkle the gelatin evenly over the milk, and let soften for 5 minutes.

In a medium saucepan combine cream and sugar and cook over medium-high heat. Bring mixture to a simmer, frequently stirring to dissolve sugar. Add gelatin and milk mixture, whisking to combine. Remove from heat, and stir in milk chocolate. When chocolate is completely melted, pour mixture through a fine sieve to strain out any remaining lumps. Divide mixture evenly between ramekins or serving glasses chill in refrigerator until set, at least 4 hours.

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