

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Recipe for Black Rice Risotto w/ Arborio Rice, Leeks & Roasted Butternut Squash

This recipe, inspired by one from [Martha Rose Shulman](#), guides you through the quicker version of Black Rice Risotto using precooked black rice. You can usually find Lundberg Black Japonica, Lotus Forbidden Rice or Nature's Earthly Choice Black Rice.

As with all risotto, *don't* rinse the arborio rice. This recipe completely relies upon the arborio rice for its creaminess as precooked black rice offers only a chewy texture and great color.

Makes 6 main-course servings

Active Time: 45 Minutes

Total Time: 1½ hours

- 1 cup uncooked black rice (3 cups cooked rice)
- 4 cups ½-inch diced peeled butternut squash or yam
- 2 tablespoons olive oil, divided
- 7 cups vegetable broth, approximately
- 1 tablespoon butter
- 5 cups ¼-inch wide slices of leek (white and pale green parts only)
- 1 cup arborio rice (*not* rinsed)
- 1 teaspoon dried thyme OR 1 tablespoon fresh thyme
- ½ cup chopped fresh parsley OR 1 cup fresh basil [chiffonade](#)
- ½ cup grated Pecorino or Parmesan cheese

Combine the black rice, ¼ teaspoon salt and 2 cups of water in a saucepan. Bring the water to a boil. Cover the pan; reduce the heat so the water simmers. Cook for 35-40 minutes until all the water has been absorbed. Turn off the heat and let the rice sit, covered, for at least 10 minutes.

Preheat the oven to 425 degrees. Toss the diced squash or yam with 1 tablespoon of the olive oil and a sprinkling of coarse salt and freshly ground pepper. Lay the squash or yam in one layer on a parchment paper lined baking sheet. Bake for 15 minutes. Remove from the oven and raise the heat to 450 degrees. Turn over the squash cubes and return to the oven for another 10 minutes. The squash will be tender and lightly colored.

Place the broth in a saucepan and bring to a simmer.

Place a large saucepan over medium heat. Add the remaining tablespoon of oil and the butter.

When hot stir in the leeks and thyme. Cook, stirring occasionally, until tender, about 5 minutes.

Add the rice and stir 2 minutes.

Stir in about 2 cups of simmering broth—just enough to cover the rice. Maintain the heat so that the broth simmers. Stir frequently until the broth is almost absorbed, about 3-4 minutes.

Stir in a half cup of broth, once again stirring until the broth is almost absorbed.

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Recipe for Black Rice Risotto . . . continued

Continue in this manner until the rice is just tender and quite creamy, about 20 minutes.

Stir in the roasted squash, the black rice and another cup of broth. Allow to simmer, stirring to combine the mixture.

Stir in the chopped parsley or basil and grated cheese along with another cup of broth. Adjust the salt and pepper to taste.

Serve immediately in wide, shallow bowls.

When you are able to procure aromatic Italian Venere rice, here's how to alter the recipe

- Omit the arborio rice
- Use 2 cups Black Rice, such as Venere for the creamiest texture
- Increase the amount of vegetable stock to 10-12 cups
- Increase the cooking time to 90 minutes and total time to about 2 hours

