



Creamy Pumpkin Risotto with Coconut Milk

⌚ Preparation time: 20 minutes
Cooking time: 30 minutes
Total time: 50 minutes

👤 Portions: 4

Ingredients (serves 4)

- 450 g (15.8 oz) Hokkaido pumpkin (weight including skin and seeds)
- 1 tbsp. coconut oil (or another vegetable oil)
- Salt
- Chili flakes to your liking
- 1 pinch of paprika powder
- 400 ml (1 3/4 cup) coconut milk
- 2 tbsp. yeast flakes
- 1-2 tbsp. lemon juice
- 1 tsp. red curry paste
- 1 pinch of turmeric (optional)
- 80 g (2.8 oz) onions
- 1 clove of garlic
- 10 g (0.35 oz) fresh ginger
- 2 tsp. sesame oil (or another vegetable oil)
- 250 g (8.8 oz) risotto rice
- 50 ml (1.7 oz) white wine (or more vegetable broth)
- 400 ml (13.52/ 1.7 cup) vegetable broth
- 1 apple
- 1 small bunch of cilantro
- Optional: 2 tsp. soy sauce (or more salt for a soy and gluten-free version)
- 50-100 ml (0.2-0.4 oz) plantbased milk (to dilute the risotto to your liking)
- Optional: crushed coriander seeds to sprinkle
- 2-3 spring onions for garnish and taste

Instructions (15-20 minutes preparation + 12 minutes baking time + 15 minutes cooking time)

1. Preheat oven to 200 °C/ 392 °F fan and cover a tray with parchment paper.
2. Wash the pumpkin, remove seeds and cut into pieces. Mix the pumpkin pieces with coconut oil, a pinch of salt, chili flakes to taste and a pinch of paprika powder.
3. Spread pumpkin chunks on the parchment paper and bake at 200 °C/ 392 °F circulating air for about 12-14 minutes until the pumpkin is soft.
4. Puree 2/3 of the softly cooked pumpkin chunks with coconut milk, 2 tbsp. yeast flakes, a pinch of turmeric (optional), 1 small tbsp. lemon juice and 1 tsp. red curry paste in a blender. Set some pumpkin pieces aside for later garnishing.
5. Peel onion and garlic clove and chop finely. Peel ginger with a spoon. Finely grate an apple.
6. In a pot heat 1-2 tbsp. of coconut oil. Sauté chopped onion and garlic until translucent, add the risotto rice and pour on a dash of white wine. Add the vegetable stock in portions, stirring well every time. Add the grated apple and add finely grated fresh ginger. Gradually add the remaining vegetable broth while stirring and let it boil down.
7. When the vegetable broth is simmered down, add the prepared pumpkin cream and stir well. **Tip:** I hold back a approx. 2-3 tbsp. of the cream and only add it to the risotto at the very end when serving. This makes the risotto look even creamier and more inviting.
8. Simmer the risotto with the pumpkin cream until a deliciously creamy risotto consistency is achieved and the rice is soft. The total cooking time of the risotto is about 15-17 minutes. Towards the end of the cooking time, wash, chop and add a handful of fresh coriander.
9. Finally, I dilute the risotto with some plantbased milk to the desired consistency and season the risotto to taste using soy sauce (or salt), lemon juice and chili flakes.
10. Pour the remaining pumpkin cream over the risotto, add some pumpkin for garnish and serve the risotto with chopped spring onions and optionally crushed coriander seeds.