Sage Butter Crab and Pumpkin Fava Risotto

Ingredients:

½ c Arborio Rice (short grain)
1 ½ c Stock or Broth (seafood or vegetable)
½ c Heavy Cream
½ c Parmesan
2 ea Fresh Sage Leaves
½ t Minced Garlic
½ t Minced Shallots
½ c Pumpkin or Butternut Squash
12 ea Fava/Lima Beans or Peas
1 c Crab Meat
4 T Butter

Method:

1. Peel the pumpkin and dice the flesh evenly.
2. Blanch the pumpkin until it is al dente. Set aside.
3. Mince the shallots and garlic and peel the beans.
4. Heat a sauce pot on the stove until it is hot on med – high heat.
5. Heat a separate pan with half the butter and sage stems.
6. Add the crab meat pumpkin and favas.
7. Cook for color and flavor, reserve for conclusion of recipe.
8. Melt the butter and add the rice.
9. Toast the rice in the butter and add the shallots and garlic.
10. Stir constantly to keep from burning.
11. When the rice is toasted add the first ½ c of stock and stir until the rice absorbs the stock almost completely.
12. Repeat the last step until the rice is almost cooked and the stock is gone.
13. Finish with the cream and cheese.
14. Incorporate the other ingredients evenly.
15. Taste and adjust seasoning if needed.