



FOODCYCLE LA

# Pumpkin Vellutata and Porcini Risotto

with Chef Francesco Lucatorto live from Italy

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## INGREDIENTS

### For the Vellutata

2lb butternut squash, peeled, seeded cut into small chunks  
1½ lb peeled Yukon gold potatoes  
2.5 cups vegetable stock  
3 lb extra virgin oil  
1 large shallot  
3 oz pancetta or sweet bacon (Optional)  
2 tbs of pumpkin seed (unsalted- roasted) rosemary  
salt  
black pepper ground  
2 slices of bread for toast

### For the Risotto

6 cups of vegetable stock or vegetable stock cube  
1/3 cup freshly grated Parmigiano Reggiano  
3 tbsp olive oil  
50 grams of dry porcini  
2 shallots  
1 garlic clove whole not peeled  
1 cup (200g) Carnaroli rice  
1 tablespoon of dry parsley or 3 tablespoons of fresh parsley 1/2 cup dry white wine  
sea salt  
freshly ground black pepper  
4 tablespoons butter

# RECIPE

## For the Risotto.

1. Start by thoroughly rinsing the dried mushrooms, to get rid of any grit. Place the mushrooms in a bowl and cover them with water, gently pushing them so they are submerged. Let them soak for 20 minutes or until they are soft.
2. Make the vegetable stock
3. Heat the olive oil in a large skillet, over medium heat. Add the shallots and sauté until translucent, about 2 minutes. Add the rice and stir for about a minute, until it is well coated and opaque. Pour the white wine and let evaporate.
4. Remove the mushrooms from the liquid, squeezing them lightly to remove any excess water, and transfer them to a chopping board. Roughly chop the mushrooms into smaller pieces. Reserve.
5. Start adding the broth, one ladle at a time, stirring constantly until the rice has absorbed almost all the liquid before adding the next one. Add the porcini. Repeat until the rice is cooked al dente. (You might not need all the broth.)
6. Serve your dish.

## For the Vellutata.

7. Bring the stock to a boil on medium heat
8. Peel the shallots and dice it, peel and dice the squash and the potato
9. Reheat the oil in a large pot, add the shallots and start sweating them on medium heat
10. Once translucent add the squash and the peeled potato and sweat for about 5 minutes adjusting salt and pepper
11. Add the boiling stock just to cover, the rosemary, and keep simmering until soft about 25 minutes covered
12. In a sauté pan roast the pancetta dices to a golden crunch.
13. Remove the rosemary from the pot
14. With an immersion blender, or a kitchen robot bring the squash to a puree and season if needed, then strain it through a fine mesh strainer into a smaller pot ( the one we used for stock for example)
15. Slice the toast and quickly toast it on a pan on in the oven seasoning with olive oil
16. Toast the pumpkin seeds in a pan with a nugget of butter or Evoo
17. Reheat the soup and plate in a bowl, garnishing with squash seeds, the crunchy bacon or pancetta a drizzle of evoo and crack of black pepper.

### **About FoodCycleLA**

People deserve to know where their next meal is coming from. Their team recovers food that would otherwise be thrown away by grocery stores, restaurants, offices and farmers markets and delivers it to organizations that feed the hungry. In 2020, they will deliver over 1.5 million meals to hungry people.

Food waste is a major global contributor to food insecurity and climate change. FoodCycle LA works to reduce the social and environmental impacts of food waste. Fighting hunger with food recovery redirects vital resources to people in need and keeps food away from landfills.

**Donate at: [www.foodcyclela.org](http://www.foodcyclela.org)**

### **About IMPASTIAMO**

IMPASTIAMO was launched on May 1, 2020 as a way to support chefs all over the world and connect them with new consumers and foodies discovering new talents in their home kitchens. IMPASTIAMO provides chefs a platform to earn money and attendees an opportunity to connect directly with their favorite or newly discovered notable chefs.

### **About Chef Francesco Lucatorto**

Chef was born in Genova, the world capital of focaccia. After studying the Culinary Arts in Italy (ALMA) he joined 2 Michelin star restaurant Providence under Chef Micheal Cimarusti.

He soon began exploring the LA food scene, working for Terroni, Officine Brera, Otium, followed by the opening of Sixth+Mill Pizzeria and most recently Osteria Angelini. His passion for food brought him to discover the beauty of baking, kneading and proofing dough. This coupled with his Ligurian roots resulted in an obsession for focaccia.

Find more recipes at:

[www.impastiamoclasses.com](http://www.impastiamoclasses.com)