# Squash Risotto and California Prune Fonduta

## by Peter Sidwell

**For this recipe, Peter's had help from his son. Why not head into the kitchen and get the kids involved with cooking dinner?**

**Prep Time**: 30 minutes
**Cook Time:** 50 minutes
**Serves:** 4-6

**Ingredients:**

1 onion, chopped
2 tbsps olive oil
Salt to taste
Black pepper to taste
½ bulb of fennel, chopped
1 butternut squash, chopped
3 cloves garlic, grated
150ml dry white wine
200g risotto rice (Carnaroli/Arborio)
1l vegetable stock
150g California Prunes
100g fontina cheese

**Here's How:**

1. Heat olive oil over high heat in a large saucepan. Add onions and reduce heat to medium-low. Cook for 10 minutes or until onions are translucent, stirring occasionally.
2. Add salt and pepper to your taste.
3. Add the chopped fennel bulb, butternut squash, grated garlic and wine. Stir until all ingredients are well combined.
4. Add the rice to the pan and stir.
5. Add the vegetable stock to the pan 100ml at a time, waiting until the liquid is absorbed before adding the next 100ml. Stir often to make sure that none of the ingredients stick to the pan.
6. When the rice is cooked, but still slightly al dente, add the chopped California Prunes to the pan, and stir.
7. Cut the cheese into large cubes, then add to the pan and stir

**Serving Suggestion:** Top with some chopped California Prunes and squares of cheese, and enjoy!

**Link to Website:** http://www.californiaprunes.net/recipes/**squash-risotto-prune-fonduta**/

california prunes
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