

Pumpkin, Sage & Barley Risotto

Catherine Brown, plant-based chef & culinary nutritionist at [A Seat at My Table](#)



Total Time: 65 minutes Prep Time: 5 minutes Cook Time: 60 minutes

For 4 servings, you will need:

- 1 medium onion, diced small (~ 1 cup)
- 2 cloves garlic, finely chopped
- 1 Tbsp. cold-pressed olive oil
- 1 cup hulled barley*
- 2 cups stock (any kind) or water
- 3 tablespoons plant-based butter (I use EarthBalance)
- 3 tablespoons whole wheat flour
- 1 cup nut milk (I use cashew)
- 1/2 cup cup stock (any kind or water)
- 1/2 cup dry white wine
- 1 cup pumpkin puree
- 1 teaspoon ground turmeric
- 1 tablespoon chopped fresh sage**, plus whole leaves for garnish
- salt and pepper
- 1/2 cup red or English walnuts, toasted*** and roughly chopped

* if using pearled barley, reduce initial cooking time to 20-25 minutes

** if fresh sage is unavailable, use 1.5 tsp rubbed sage

*** walnuts can be toasted in a dry skillet over med/low heat OR on a baking sheet at 300 degrees F for 15-20 minutes, or until fragrant (toss to prevent over-browning).

The Process:

1. In a large heavy-bottomed pot or Dutch oven, heat the olive oil over medium heat. Add the onion; sauté, stirring occasionally until lightly caramelized, about 10 minutes. Add the garlic; continue to cook for 1-2 minutes more.
2. Next, add the barley, turmeric and the 2 cups of stock (or water). Bring to a boil, then lower to a simmer. Cover and cook until the water has been fully absorbed, 50 minutes. Turn off heat and set aside.
3. Meanwhile, heat a medium skillet over medium heat. Add the plant-based butter. When melted, add the flour. Whisk until the flour is fully absorbed. Cook for 2 minutes.
4. Next, drizzle the white wine into the flour mixture while whisking continuously. Continue whisking while drizzling in the nut milk and additional 1/2 cup of stock (or water). The mixture should be slightly thickened and smooth, about 2-3 minutes
5. Lower the heat and add the pumpkin, sage, salt and freshly ground black pepper to taste.
6. Add the cooked barley and stir until fully incorporated and hot throughout.
7. Dish onto a platter or individual serving bowl. Garnish with toasted walnuts and fried sage (if desired). Serve immediately!