

# Primo

## Parmigiano Risotto

Risotto al Parmigiano

### Ingredients

Serves 2 people

#### Vegetable broth

1 litre (34 fl oz) water

1 leek

1 carrot

1 rib of celery

salt, to taste

**To taste.** Italian cookbooks often write the abbreviation *q.b.* which stands for '*quanto basta*'. It means to add the required quantity, to taste.

#### Parmigiano risotto

1 litre (34 fl oz) vegetable broth

160 g (5.6 oz) carnaroli or arborio rice

1 leek

40 g (1.4 oz) butter

20 g (0.7 oz) extra vergine olive oil

20 g (0.7 oz) white wine

40 g (1.4 oz) parmigiano cheese, grated

salt, to taste

pepper, to taste

### Procedure

First prepare the vegetable broth. Wash and coarsely cut the vegetables. Put everything in a large pot, add cold water and salt. On medium-high heat, bring the water to a boil. Then lower the heat and cook approximately for 1 hour with the lid on.



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**Cristina says.** If you do not have time to make the vegetable broth from scratch, you can also use vegetable bouillon cubes following the instructions on the box.

Now prepare the risotto and put the broth to simmer throughout the entire preparation.

Cut the leek into small pieces and sauté it in a pot with the oil and half of the butter. Once soft, add the rice and toast it for a couple of minutes.

**Rice toasting.** This is a key step for a good risotto because it makes the rice grain resistant and impermeable. It allows the rice grain to maintain its structure so it will not break during cooking. Plus, sealing the grain at the beginning helps the starch release in a gradual and better way, giving the risotto more density. This is why the toasting process is technically called "the sealing" process.

Pour in the wine and let the liquid absorb. Once evaporated, add the hot broth until the rice is fully covered. Cook, stirring gently.

**Cristina says.** Be sure to add the broth only to cover the rice. Do not add extra broth.

Once the broth is absorbed, add another ladle of broth and stir. Continue this procedure until the rice is cooked, approximately 15-18 minutes.

Turn the heat off and add pepper, parmigiano, and the remaining butter which must be cold.

**'Mantecare' the rice.** There is no real translation for 'mantecare' in English. It indicates a technique that works the dish into a shiny and creamy texture by adding a cold fatty element, such as butter. The 'thermal shock' will make your risotto creamier.

Add more parmigiano and serve immediately.



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**Cristina says.** To add some crispiness, fry some sliced leek and add it as a garnish to your risotto.

### Italian Food and Wine Pairing

This risotto is clearly a savory dish but marked by an undeniable sweet note given by the main ingredients: rice and cheese. The cheese adds structure to the flavor of the dish. A white wine with a good structure as well and a nice freshness is the best pairing, like an **Albana di Romagna**.



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