



## Risotto

### Basic Rice Cooking Method Using Ferron Rice

Makes 4 servings of 100 grams per person. For a multicourse meal, scale down to 50 grams per person.

#### Ingredients

- Use a heavy bottom saucepan, add 1 teaspoon extra virgin olive oil
- 400 grams (2 cups) of Carnaroli or Vialone Nano rice (do not rinse)
- 1000 ml (4 cups) of hot broth (vegetable, chicken or beef to complement condiment)

(Two-to-one formula; i.e. one cup of rice, two cups of broth plus some might be needed after 14 minutes cooking undisturbed.)

#### Directions

- Heat oil at medium heat, add rice, stir to toast.
- Once rice is hot to the touch, add all the hot broth, stir and cover. Cook at low heat for 14 minutes. No stirring!
- At the 14-minute point start the stirring (“mantecatura”)\*
- Add your prepared choice of condiments, together with the butter and cheese, according to your chosen recipe below.
- Stir to incorporate all and to achieve proper consistency.
- Delicate condiments are incorporated with risotto off the stove.

Know your stove, especially the ones with electric plates or coils as they retain heat a long time and are slow to respond to temperature changes. Check and ensure that heat is low. The broth should bubble gently. Taste for doneness and prolong cooking and adding broth until rice is to your liking.

\*The final stage of risotto is called *mantecatura (creamed)*. You will be able to achieve a creamy risotto by just gently stirring the rice after the initial 14 minutes of cooking undisturbed, and retain a granular texture that is lost when the rice is continuously stirred releasing too much starch. Carnaroli has a longer cooking time. It is best to add about three minutes to the required 14 minutes. Also, the different cooking temperatures might require adjusting the suggested 14 minutes. Taste and adjust time accordingly. You have a choice by adding more broth or making *risotto all onda*, a looser and more delicate and moist style that will wave on the plate when it's shaken. This is perfect for *Risi & Bisi* (rice and peas) a loose risotto that lays flat on your dish that you can eat with a spoon. The method of adding garlic and/or onions during the toasting can be done where the condiment is simple; i.e. basil, Parmigiano, black pepper, saffron. If you really want to do the ceremonial wine addition at the end of toasting make sure the wine is warm, otherwise it will shock the rice and result in a mediocre texture. Adding wine to the condiments is a better option.