



UNIT 11 / Italy

Saffron Risotto

Ingredients

- 320 grams carnaroli rice
- 90 grams butter
- 800 millilitres meat (or vegetable) broth
- 50 grams grana cheese
- 200 millilitres dry white wine
- 1 onion
- 1 tablespoon saffron
- pepper to taste
- salt to taste

Directions

- Put the stock in a saucepan, bring it to the boil and turn off the heat; take a ladleful, pour it into a cup, add the saffron pistils and leave them to infuse.
- Peel the onion and chop it finely; melt 60 g of butter in a large, shallow saucepan and, when it is bubbling, add the onion; stew it without browning, stirring with a wooden spoon.
- Add the rice and let it toast for a couple of minutes, stirring it with a spoon until it is translucent; douse it with the white wine and let it evaporate over a high flame; wet the rice with a ladleful of broth and cook it (it will take about 16-17 minutes), gradually incorporating the remaining hot broth as it is absorbed. Lastly, add the stock put in the cup with the saffron pistils.
- Remove the risotto from the heat, adjust the salt (if necessary) and, if you like, add a grinding of pepper, immediately incorporate the remaining butter in small pieces, 30 g of grated grana cheese and stir vigorously to cream. Cover the pot and let the saffron risotto rest for a couple of minutes so that the flavours blend. Bring it to the table with the remaining Grana cheese cut into thin slivers with a truffle slicer.





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