

RISOTTO RUSTICO DELLA TRADIZIONE TOSCANE

Ingredients

For the Meat Sauce

100 g minced meat
200g chicken livers
50 ml red wine (1 glass)
40 g butter
35 extra virgin olive oil
2 tablespoons tomato paste
55 g red onion
60 g carrot
25 g celery
12 g fine salt
Generous Crack of black pepper

For the Risotto

360 g Carnaroli rice (Aquerello)
10 g butter
55 g red onion
1 l meat broth
40 g Parmigiano Reggiano DOP
2tbsp Finely chopped flat leaf parsley

Method

For the Meat Sauce

Step 1: Let's start preparing the sauce by cleaning and washing the vegetables, put them in the blender or chop them with the mezzaluna, the mince must be a little coarse, but not rough.

Step 2: Place three tablespoons of extra virgin olive oil in the pan, then place it on medium heat. Wash the liver well with water and place it in water and wine vinegar while the vegetables are browning ; this is to remove some of its flavor that not everyone loves. Brown the soffrito and then add the minced meat and the rinsed chicken liver and the spoons of tomato preserve diluted in a ladle of hot broth. At this point you can salt the meat.

Step 3: Continue cooking slowly and covered, for about 40 minutes, with a glass of red wine and, if this is not enough, adding a little broth.

Step 4: For the last 10 minutes, uncover the pot to thicken the sauce, break up the liver with a fork and mix it all together.

Step 5: Now prepare the risotto, by placing the butter in a saucepan and adding the finely chopped onion.

Step 6: When the browning process is finished, add the rice and toast for two minutes, stirring constantly with a wooden ladle. Start by adding, little by little, the very hot meat broth, stirring often and keeping the flame on medium heat.

Step 7: Bring the rice up slowly, adding the broth little by little and letting it absorb before adding more.

Step 8: Once you have reached two thirds of the cooking time, add about half of the meat sauce, which must be hot. When the rice is cooked, taste for salt and adjust if necessary.

Step 9: Stir in the grated parmesan. Serve hot and, on top of the risotto, put two good spoonfuls of the meat sauce. Sprinkle with freshly ground pepper. It will also be delicious with an aromatic pepper.

THE COOKERY

by The Secret Jozi Chef