

RISOTTO AL BAROLO

INGREDIENTS

320 g of Arborio rice
80 g of Leeks / white onion
200g of Barolo Red wine
1 liter of beef stock
30 g of Extra Virgin Olive Oil
45 g of butter
2 bay Leaves
80 g of Grana Padano
Pinch of salt, if needed

INSTRUCTIONS

Step 1: To prepare the Risotto al Barolo, start by making the meat broth: then finely dice your onion. Add the onion to a high-sided pan with a knob of butter, brown with the extra virgin olive oil and cook everything for about six minutes since the spring onion should be practically melted.

Step 2: Now add your rice and toast the rice for a couple of minutes on a high flame, pour in the Barolo and let it evaporate completely. Then add a ladle of broth, a washed bay leaf and continue cooking the risotto, pouring more broth only when the previous liquid has been mostly absorbed.

Step 3: Once cooked, it will take about 15 minutes, remove the bay leaf and, if you think it is necessary, adjust the salt. Then add the butter and parmesan for the creaming and mix the ingredients well together: finally plate the Risotto al Barolo and serve.

THE COOKERY

by The Secret Jozi Chef