

RISOTTO MILANESE

EQUIPMENT

CHEF'S KNIFE, DEEP FRY-PAN WITH LID, WOODEN SPOON, MEDIUM SIZE POT, MICROPLANE OR GRATER, SMALL MIXING BOWL

INGREDIENTS

200GM CANAROLI RICE, 80-100GM WHITE WINE, 20 SAFFRON THREADS, EXTRA VIRGIN OLIVE OIL, 300GM CHICKEN OR VEGETABLE STOCK, SEA SALT, PEPPER, 80-100GM REGGIANO PARMESAN, 1 DICED BROWN ONION, 50GM SALTED BUTTER

METHOD

POUR A SMALL AMOUNT (APPROX 20ML) OF WHITE WINE INTO A SMALL MIXING BOWL AND ADD APPROX. 10-15 SAFFRON THREADS AND SET ASIDE TO INFUSE.

DICE THE BROWN ONION AND SET ASIDE, POUR ALL THE STOCK INTO THE SAUCEPAN AND PLACE OVER HIGH HEAT AND BRING TO THE BOIL.

PLACE THE FRY-PAN OVER MEDIUM HEAT AND ONCE HOT ADD EXTRA VIRGIN OLIVE OIL. ADD THE DICED ONION AND COOK UNTIL THE ONION IS OPAQUE (2 MINUTES). NEXT ADD THE RICE AND TOAST THE RICE FOR 1-2 MINUTES STIRRING CONSTANTLY.

NEXT ADD THE WHITE WINE AND SAFFRON AND COOK UNTIL EVAPORATED, ADD THE BOILING STOCK NEXT AND STIR THE MIXTURE, ONCE THE MIXTURE HAS BOILED PLACE THE LID ON THE PAN AND PLACE THE PAN INTO A PREHEATED OVEN STEAM SETTING 100°C FOR 14 MINUTES.

ONCE COOKED REMOVE THE PAN FROM THE OVEN AND SET ASIDE FOR 5 MINUTES. REMOVE THE LID FROM THE PAN AND ADD THE BUTTER AND PARMESAN CHEESE, TOSS THE PAN WELL AND CHECK THE SEASONING.

POUR THE RISOTTO OUT ONTO A LARGE SERVING PLATE, GARNISH WITH SAFFRON STRANDS AND GRATED PARMESAN AND SERVE.

HINTS & TIPS

- THIS RECIPE USES VERY SIMPLE INGREDIENTS BUT HIGHLIGHTS SAFFRON AS ONE OF THE WORLD'S BEST SPICES. CORRECT SEASONING IS THE KEY TO THIS DISH.
- WE OFTEN GET ASKED WHY WE USE A LID WITH SUCH RECIPES, THIS METHOD IS CALLED 'INDIRECT STEAMING' AND USES THE PRESSURE OF THE OVEN TO HELP COOK THE DISH.