



Risotto con Verdure

Vegetables Risotto

Ingredients:

- 500gr. (17.63 oz.) fresh vegetables (eggplants, zucchini, red and yellow peppers)
- 1.5 liters (6 cups) of water (or stock)
- 60gr. (2.11 oz.) butter
- 1 tbsp. olive oil
- 1 small onion
- 450gr. (15.87 oz.) risotto rice
- 125ml. (0.5 cup) white wine
- 60gr. (2.11 oz.) freshly grated parmesan
- Black pepper and salt to taste
- A heavy-bottomed, straight-sided pan and a pot

Preparation:

1. Bring the water to the boil in a pan and have it simmering away near you. If you prefer, you could add a stock cube (beware of salt) or if you have vegetable or chicken stock, replace the water with it. It would be nice to add some herbs (tied) to the simmering water for extra flavor.
2. Put half the butter in a pot and brown the onion until soft with a pinch of salt. Add the vegetables and cook until soft and their liquid has evaporated. Add the rice and stir for one minute- the rice should essentially toast- the grains should become hot. Then add a cup of wine and turn up the heat waiting for it to evaporate.
3. Now start the process of adding a ladle of the nearby simmering water (or stock), waiting for the rice to absorb it.
4. Add more water before it gets too dry (it should be sloppy when you add another ladle). The heat should be high and stirring is also important. Repeat the whole process for about 18 minutes (until the rice is cooked).
5. Turn off the heat and stir in the butter and the parmesan. Cover it and let it rest for 3 minutes before serving.

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Buon Appetito!

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