

Vulcano's Risotto

Ingredients for 4 people

- 1 Garlic clove*
- 1 teaspoon of fine sea salt*
- 30 grams of butter*
- ½ Coffee spoon of finely ground red pepper*
- 250ml of vegetable broth (potato, celery, white onion and carrot)*
- ½ Teaspoon of ground White Pepper at the moment*
- 3 tablespoons of olive oil (cold pressed)*
- 1 spoonful of chopped pistachio and chopped almonds*
- 30 gr of grated salty Ricotta*
- 1 Bunch of Wild Mountain Wild Fennel*
- 400 Gr of Venere Rice (black rice)*
- 100 gr of red pumpkin puree*
- 1 teaspoon of sweet paprika*
- 1 finely chopped white onion*
- 2 tablespoons of tomato concentrate*
- 150 ml of dry white wine*

Preparation:

In a pan, preferably with lava stone base, lightly fry the minced white onion with 2 tablespoons of olive oil and a clove of garlic, add the black rice and toast it with a medium flame for no more than 3 minutes, blend with dry white wine. As soon as the wine has evaporated, add a ladle of hot vegetable broth while cooking at a moderate flame, taking care to mix and add the broth progressively for 10 minutes. Then add the wild fennel cooked apart and finely chopped, the Granella of Pistachios and Almonds and a sprinkling of grated White Pepper, continue cooking for another 5 minutes, add salt and stir at a medium flame with butter for another 2 minutes. Heat apart the pumpkin puree, mixing it with the Red Pepper, the Sweet Paprika and the Tomato Concentrate and assemble the Risotto, forming a sort of cone. At the top of which you will create a small valley where you will pour the red pumpkin mix and sprinkle around the already grated salty Ricotta.