Mmmmh!

Risotto with cherry tomatoes, rocket leaves, a parmesan tuile and a parsley coulis

Ingredients

750 g Carnaroli rice
250 g butter
375 g parmesan cheese
4 L of vegetable stock
2 onions
500 g cherry tomatoes
1 bunch of rocket
1 bunch of flat-leaf parsley
150 ml olive oil
60 ml white wine vinegar
Salt
Pepper

Persons: 10

Cooking time: 30 min.

Preparation time: 30 min.

Instructions

Pre-heat the oven to 180°.

Heat the stock and keep it warm.

Finely chop the onion. Halve the cherry tomatoes, rinse the rocket leaves and grate the parmesan cheese (part to be used for the tuiles, the other for the risotto).

Spoon four heaps of parmesan on a baking sheet lined with baking parchment and bake in the oven for 7-8 minutes. Leave to cool.

Strip the parsley leaves and combine in a blender with the olive oil. Add salt and pepper and a dash of vinegar. Mix until fine. Set aside.

Melt 100 g of butter in a casserole, add the onion and sauté for a few minutes. Then add the rice, stirring until it becomes translucent (this is called “tostare” in Italian). Add the very hot stock ladle by ladle, when the rice has absorbed the previous ladle.

Important: the same rule of thumb applies to all risotti, the stock must be hot, the rice must be covered! Stir continuously! If you step away for more than one minute, the rice will stick to the bottom of the casserole. It takes approximately 15 to 20 minutes for the rice to cook as soon as you start adding the stock.

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Add half of the tomatoes around the half-way stage.

Once the rice is cooked, add the remaining butter, the grated parmesan and stir. This is called “mantecare”. *(Mantecare does not mean you should vigorously stir your risotto. The verb is also used for other recipes than risotto. It expresses the idea that the ingredients must be properly mixed before you can serve the dish).* Add the second batch of tomatoes. Wait to ensure that all the ingredients are properly incorporated, then add the rocket. Stir again;

Serve the risotto on a warm plate, garnish with some cherry tomatoes, a few rocket leaves, the parmesan tuile and drizzle over some parsley coulis.