

RISOTTO WITH TOMA BIELLESE

Ingredients

Carnaroli or Arborio rice is best, as it gives off the starch required for a creamy consistency.

Toma Biellese: a flavoursome cheese from the Biella region in Piedmont.

Liquids: Vegetable stock, white wine and possibly a little cream.

Spices: Onions, garlic, olive oil, salt, pepper and fresh herbs such as rosemary and sage.

Other ingredients: Fresh tomatoes, tomato purée or grated tomatoes can be added for a tomato version.

Preparation

Finely chop the onions and garlic. Cut the cheese into cubes.

Sauté the onions and garlic in olive oil in a large pan until translucent.

Add the rice and fry until slightly translucent.

Deglaze with white wine and leave to evaporate.

Gradually add the hot vegetable stock and cook the rice, stirring frequently, until it is creamy and al dente.

Add the cheese, a pinch of salt and pepper and stir well until the cheese has melted. Add cream and fresh herbs if desired.

Tips

Stir, stir, stir: Constant stirring is important to prevent the rice from sticking to the bottom and to release the starch from the grains, which ensures creaminess.

Use a wooden spoon – it does not damage the rice grains and is therefore ideal for stirring.

Use hot stock: The stock must be hot when you add it to the rice. This ensures that the cooking process is not interrupted.